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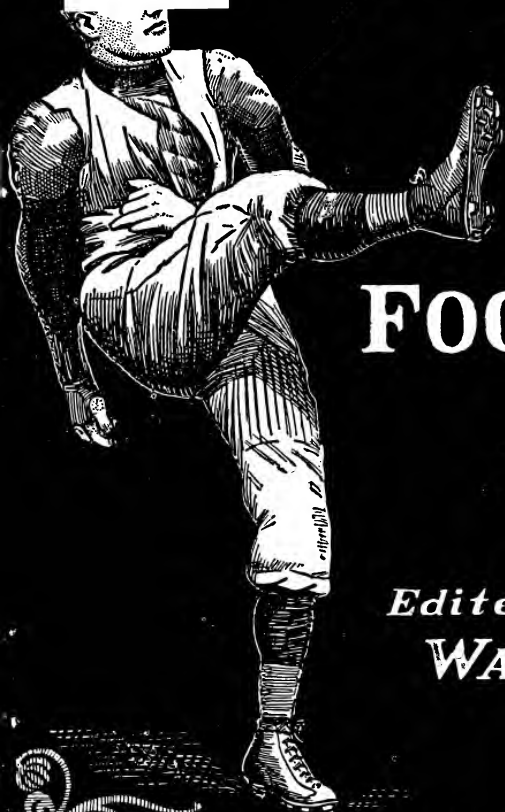
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## HOW TO PLAY FOOT BALL 1913

*Edited by*  
**WALTER CAMP**

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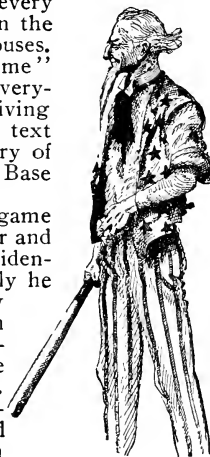
The response on the part of the press and the public to Mr. Spalding's efforts to perpetuate the early history of the National Game has been very encouraging and he is in receipt of hundreds of letters and notices, a few of which are here given.

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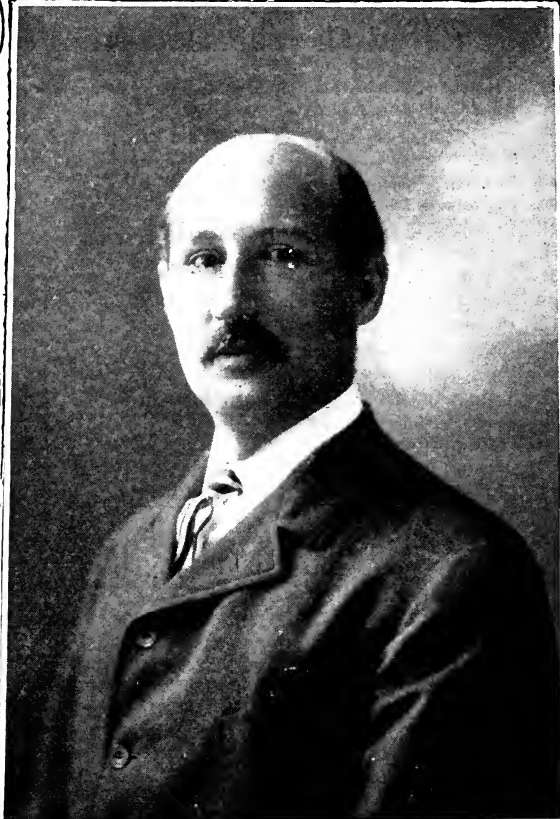
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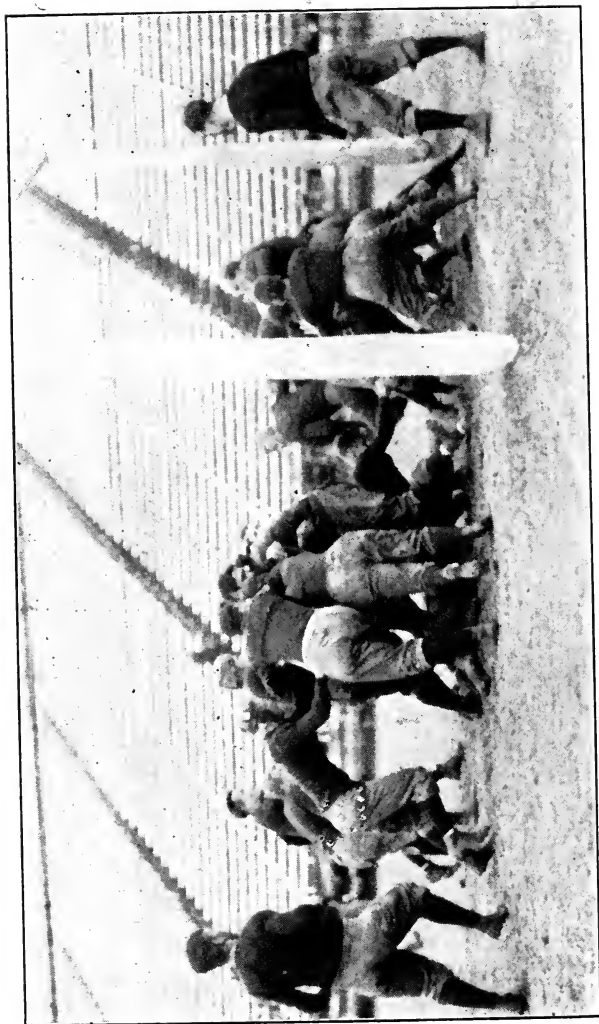
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WALTER CAMP

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FORCING THE BALL OVER FOR A TOUCHDOWN.

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# All-America Teams from 1889 to 1912

SELECTED BY WALTER CAMP.

## 1889

Cumnoek, Harvard.  
Cowan, Princeton.  
Cranston, Harvard.  
George, Princeton.  
Heffelfinger, Yale.  
Gill, Yale.  
Stagg, Yale.  
Poe, Princeton.  
Lee, Harvard.  
Channing, Princeton.  
Ames, Princeton.

## 1890

Hallowell, Harvard.  
Newell, Harvard.  
Riggs, Princeton.  
Cranston, Harvard.  
Heffelfinger, Yale.  
Rhodes, Yale.  
Warren, Princeton.  
Dean, Harvard.  
Corbett, Harvard.  
McClung, Yale.  
Homans, Princeton.

## 1891

Hinkey, Yale.  
Winter, Yale.  
Heffelfinger, Yale.  
Adams, Pennsylvania.  
Riggs, Princeton.  
Newell, Harvard.  
Hartwell, Yale.  
King, Princeton.  
Lake, Harvard.  
McClung, Yale.  
Homans, Princeton.

## 1892

Hinkey, Yale.  
Wallis, Yale.  
Waters, Harvard.  
Lewis, Harvard.  
Wheeler, Princeton.  
Newell, Harvard.  
Hallowell, Harvard.  
McCormick, Yale.  
Brewer, Harvard.  
King, Princeton.  
Thayer, Pennsylvania.

## 1893

Hinkey, Yale.  
Lea, Princeton.  
Wheeler, Princeton.  
Lewis, Harvard.  
Hickok, Yale.  
Newell, Harvard.  
Trenchard, Princeton.  
King, Princeton.  
Brewer, Harvard.  
Morse, Princeton.  
Butterworth, Yale.

## 1894

Hinkey, Yale.  
Waters, Harvard.  
Wheeler, Princeton.  
Stillman, Yale.  
Hickok, Yale.  
Lea, Princeton.  
Gelbert, Pennsylvania.  
Adee, Yale.  
Knipe, Pennsylvania.  
Brooke, Pennsylvania.  
Butterworth, Yale.

## 1895

Cabot, Harvard.  
Lea, Princeton.  
Wharton, Pennsylvania.  
Bull, Pennsylvania.  
Riggs, Princeton.  
Murphy, Yale.  
Gelbert, Pennsylvania.  
Wyckoff, Cornell.  
Thorne, Yale.  
Brewer, Harvard.  
Brooke, Pennsylvania.

## 1896

Cabot, Harvard.  
Church, Princeton.  
Wharton, Pennsylvania.  
Gailey, Princeton.  
Woodruff, Pennsylvania.  
Murphy, Yale.  
Gelbert, Pennsylvania.  
Fincke, Yale.  
Wrightington, Harvard.  
Kelly, Princeton.  
Baird, Princeton.

## 1897

Cochran, Princeton.  
Chamberlain, Yale.  
Hare, Pennsylvania.  
Doucette, Harvard.  
Brown, Yale.  
Outland, Pennsylvania.  
Hall, Yale.  
DeSaulles, Yale.  
Dibblee, Harvard.  
Kelly, Princeton.  
Minds, Pennsylvania.

## 1898

Palmer, Princeton.  
Hillebrand, Princeton.  
Hare, Pennsylvania.  
Overfield, Pennsylvania.  
Brown, Yale.  
Chamberlain, Yale.  
Hallowell, Harvard.  
Daly, Harvard.  
Outland, Pennsylvania.  
Dibblee, Harvard.  
Hirschberger, Chicago.

## 1899

Campbell, Harvard.  
Hillebrand, Princeton.  
Hare, Pennsylvania.  
Overfield, Pennsylvania.  
Brown, Yale.  
Stillman, Yale.  
Poe, Princeton.  
Daly, Harvard.  
Seneca, Indians.  
McCracken, Pennsylvania.  
McBride, Yale.

## 1900

Campbell, Harvard.  
Bloomer, Yale.  
Brown, Yale.  
Olcott, Yale.  
Hare, Pennsylvania.  
Stillman, Yale.  
Hallowell, Harvard.  
Fincke, Yale.  
Chadwick, Yale.  
Morley, Columbia.  
Hale, Yale.

## 1901

Campbell, Harvard.  
Cutts, Harvard.  
Warner, Cornell.  
Holt, Yale.  
Lee, Harvard.  
Bunker, West Point.  
Davis, Princeton.  
Daly, West Point.  
Kernan, Harvard.  
Weekes, Columbia.  
Graydon, Harvard.

## 1902

Shevlin, Yale.  
Hogan, Yale.  
DeWitt, Princeton.  
Holt, Yale.  
Glass, Yale.  
Kinney, Yale.  
Bowditch, Harvard.  
Rockwell, Yale.  
Chadwick, Yale.  
Bunker, West Point.  
Graydon, Harvard.

## 1903.

Henry, Princeton.  
Hogan, Yale.  
DeWitt, Princeton.  
Hooper, Dartmouth.  
A. Marshall, Harvard.  
Knowlton, Harvard.  
Rafferty, Yale.  
Johnson, Carlisle.  
Heston, Michigan.  
Kafer, Princeton.  
Smith, Columbia.

## 1904

Shevlin, Yale.  
Cooney, Princeton.  
Piekarski, Pennsylvania.  
Tipton, West Point.  
Kinney, Yale.  
Hogan, Yale.  
Eckersall, Chicago.  
Stevenson, Pennsylvania.  
Hurley, Harvard.  
Heston, Michigan.  
Smith, Pennsylvania.

## 1905

Shevlin, Yale.  
Lamson, Pennsylvania.  
Tripp, Yale.  
Torrey, Pennsylvania.  
Burr, Harvard.  
Squires, Harvard.  
Glaze, Dartmouth.  
Eckersall, Chicago.  
Roome, Yale.  
Hubbard, Amherst.  
McCormick, Princeton.

## 1906

Forbes, Yale.  
Biglow, Yale.  
Burr, Harvard.  
Dunn, Penn State.  
Thompson, Cornell.  
Cooney, Princeton.  
Wister, Princeton.  
Eckersall, Chicago.  
Mayhew, Brown.  
Knox, Yale.  
Veeder, Yale.

## 1907

Dague, Annapolis.  
Draper, Pennsylvania.  
Ziegler, Pennsylvania.  
Schulz, Michigan.  
Erwin, West Point.  
Biglow, Yale.  
Alcott, Yale.  
Jones, Yale.  
Wendell, Harvard.  
Harlan, Princeton.  
McCormick, Princeton.

## 1908

Scarlett, Pennsylvania  
Fish, Harvard.  
Goebel, Yale.  
Nourse, Harvard.  
Tobin, Dartmouth.  
Horr, Syracuse.  
Schildmiller, Dartmouth  
Steffen, Chicago.  
Tibbott, Princeton.  
Hollenbach, Pennsylvania  
Coy, Yale.

## 1909

Regnier, Brown.  
Fish, Harvard.  
Benbrook, Michigan.  
Cooney, Yale.  
Andrus, Yale.  
Hobbs, Yale.  
Kilpatrick, Yale.  
McGovern, Minnesota.  
Philbin, Yale.  
Minot, Harvard.  
Coy, Yale.

## 1910

Kilpatrick, Yale.  
Walker, Minnesota.  
Benbrook, Michigan.  
Cozens, Pennsylvania.  
Fisher, Harvard.  
McKay, Harvard.  
Wells, Michigan.  
Sprackling, Brown.  
Wendell, Harvard.  
Pendleton, Princeton.  
Mercer, Pennsylvania.

## 1911

White, Princeton.  
Hart, Princeton.  
Fisher, Harvard.  
Ketcham, Yale.  
Duff, Princeton.  
Devore, West Point.  
Bomeisler, Yale.  
Howe, Yale.  
Wendell, Harvard.  
Thorpe, Carlisle.  
Dalton, Annapolis.

## 1912

Felton, Harvard.  
Englehorn, Dartmouth.  
Pennock, Harvard.  
Ketcham, Yale.  
Logan, Princeton.  
Butler, Wisconsin.  
Bomeisler, Yale.  
Crother, Brown.  
Brickley, Harvard.  
Thorpe, Carlisle.  
Mercer, Pennsylvania.

## **An Introductory Chapter for Beginners**

BY WALTER CAMP.

Those who are taking up the sport for the first time should observe certain rules which will enable them to become adept players with less mistakes than perhaps would otherwise fall to their lot.

A beginner in foot ball should do two things: He should read the rules, and he should, if possible, watch the practice. If the latter be impossible, he and his men must, after having read the rules, start in and, with eleven on a side, play according to their own interpretation of these rules. When differences of opinion arise as to the meaning of any rule, a letter addressed to the publishers of Spalding's Official Foot Ball Guide—the American Sports Publishing Company, 21 Warren Street, New York—will always elicit a ready and satisfactory answer.

The first thing to be done in starting the practice is to provide the accessories of the game, which, in foot ball, are of the simplest kind. The field should be marked out with ordinary lime lines, enclosing a space as per diagram above. While not absolutely necessary, it is customary to mark the field also with transverse lines every five yards, for the benefit of the referee in determining how far the ball is advanced at every down. In the middle of the lines forming the ends of the field, the goal posts are erected, and should be eighteen feet six inches apart, with cross-bar ten feet from the ground. The posts should project several feet above the cross bar. The ball used is an oval leather cover containing a rubber inner, which is inflated by means of a small air pump or the lungs. The ball used by the principal teams is the Official Intercollegiate Foot Ball, No. J5, adopted by the Intercollegiate Association, and made by A. G. Spalding & Bros.

The costumes of the players form another very important feature and should be of a proper and serviceable nature. Canvas makes most serviceable jackets for the players, as do also jerseys reinforced with leather. These can be purchased at a small expense from any athletic outfitter. The canvas jacket should fit closely, but not too tightly, and lace up in front, so that it may be drawn quite snugly. Some have elastic pieces set in at the sides, back of the arms, but these additions are by no means necessary. Jerseys, with leather patches on elbows and shoulders, are also worn.

The trousers should be of some stout material, fustian for example, and well padded. This padding can be done by any

seamstress, quilting in soft material over knees and thighs, or the regular athletic outfitters furnish trousers provided with the padding. Long woolen stockings are worn, and not infrequently shin guards by men playing in the forward line.

The most important feature of the entire uniform is the shoe. This may be the ordinary canvas and leather base ball shoe with leather cross-pieces nailed across the sole to prevent slipping. Such is the most inexpensive form, but the best shoes are made entirely of leather, of moderately stout material, fitting the foot firmly, yet comfortably, lacing well up on the ankles, and the soles provided with a small leather spike, which can be renewed when worn down. Inside this shoe, and either attached to the bottom of it or not, as preferred, a thin leather anklet laces tightly over the foot, and is an almost sure preventive of sprained ankles.

Head gears are made to protect the runner and must not be composed of sole leather, papier mache, or any other hard, unyielding substance that might injure another player.

Underneath the canvas jacket any woolen underwear may be put on, most players wearing knit jerseys. As mentioned above, there are several players who can, to advantage, go without the regulation canvas jacket and wear a jersey in its place. These are especially the quarter-back and the center-rush or snap-back. Of recent years backs and linemen tend more than ever to the adoption of the leather-reinforced jersey.

The team of eleven men is usually divided into seven rushers or forwards, who stand in a line facing their seven opponents; a quarter-back, who stands just behind this line; two half-backs, a few yards behind the quarter-back; and finally, a full-back or goal tend, who stands at kicking distance behind the half-backs. This gives the general formation, but is, of course, dependent upon the plays to be executed.

Before commencing practice, a man should be chosen to act as referee, umpire and linesman, for in practice games it is hardly necessary to have more than one official. The two sides then toss up, and the one winning the toss has choice of goal or kick-off. If there be a wind, the winner will naturally and wisely take the goal from which that wind is blowing and allow his opponent to have the ball. If there be no advantage in the goals he may choose the kick-off, and his opponents in that case take whichever goal they like. The two teams then line up; the holders of the ball placing it upon the middle of the 40-yard line of the kicker's side, 60 yards from the opponent's goal, and the opponents being obliged to stand back at least ten yards, until the

ball has been touched with the foot. Some man of the side having the kick-off must then kick the ball at least ten yards into the opponents' territory. Preferably, therefore, he will send it just short of the goal line or as far as he can, and still have his forwards reach the spot in season to prevent too great headway being acquired by the opponents' interference, but he will not kick it across the side line. The opponents then catch it and return it by a kick, or they run with it. If one of them runs with it he may be tackled by the opponents. He may not, however, be tackled below the knees. As soon as the ball is fairly held; that is, both player and ball brought to a standstill, or the runner with the ball touches the ground with any part of his person, except his hands or feet, while in the grasp of an opponent, the referee blows his whistle and the runner has the ball "down," and someone upon his side, usually the man called the snap-back or center-rush, must place the ball on the ground at that spot for a "scrimmage," as it is termed. The ball is then put in play again, placing it flat on the ground with its long axis parallel to the side line (while the men of each team keep on their own side of the ball, under the penalty of a foul for off-side play, a line parallel to the goal line and passing through the end of the ball nearest the side's own goal line determining the position of the players of each side) by the snap-back's kicking the ball or snapping it back, either with his foot, or more commonly with his hands, to a player of his own side just behind him, who is called the quarter-back. The ball is in play, and both sides may press forward as soon as the ball is put in motion by the snap-back. Naturally, however, as the quarter-back usually passes it still further behind him to a half-back, or back, to kick or run with, it is the opposing side which is most anxious to push forward, while the side having the ball endeavor by all lawful means to retard that advance until their runner or kicker has had time to execute his play. It is this antagonism of desire on the part of both sides that has given rise to the special legislation regarding the use of the hands, body and arms of the contestants—and beginners must carefully note the distinction. As soon as the snap-back has sent the ball behind him, he has really placed all the men in his own line off-side; that is, between the ball and the opponents' goal, and they, therefore, can theoretically, occupy only the position in which they stand, while the opponents have the legal right to run past them as quickly as possible. For this reason, and bearing in mind that the men "on side" have the best claim to right of way, it has been enacted that the side having possession of the ball may not use their hands or arms, but only their bodies, when thus off-side, to obstruct or interrupt their adversaries, while the side running through in the



endeavor to stop the runner, or secure possession of the ball, may use their hands and arms to make passage for themselves. Nor may the side in possession of the ball form any locked interference by taking hold of each other, nor may they in any way push or pull their own man who is running with the ball. The game thus progresses in a series of downs, followed by runs, passes or kicks, as the case may be, the only limitation being that of a rule designed to present one side continuously keeping possession of the ball without any material advance or retreat, which would be manifestly unfair to the opponents. This rule provides that in four "downs" or attempts to advance the ball, a side not having made ten yards toward the opponents' goal must surrender possession of the ball. As a matter of fact, it is seldom that a team actually surrenders the ball in this way, because, after three attempts, if the prospects of completing the ten-yards gain appear small, it is manifestly politic to kick the ball as far as possible down the field, that such a method is more likely to be adopted than to make a last attempt by a run and give the enemy possession almost on the spot. In such an exigency, if a kick be made, the rules provide that it must be such a kick as to give the opponents fair and equal chance to gain possession of the ball and must go beyond the line of scrimmage unless stopped by an opponent. A player may also, under certain restrictions, carefully stated in the rules, make what is known as a forward pass, that is, throw the ball forward to another player of his own side. In case of a forward pass, the player making the kick or pass must be at least 5 yards back of the line of scrimmage when doing this. There is one other element entering into this progress of the game, and that is the fair catch. This may be made from a kick by the opponents, provided the catcher indicates his intention by raising his hand in the air, takes the ball on the fly, and no other of his own side touches it. This entitles him to a free kick; that is, his opponents may not come within ten yards of the spot where he made the catch, while he (and his side) may retire such distance toward his own goal as he sees fit, and then make a punt or a drop, or give the ball to some one of his own side to place the ball for a place kick. Here again, as at kick-off, when taking the free kick, he must make an actual kick of at least ten yards, unless the ball is stopped by the opponents. His own men must be behind the ball when he kicks it, or be adjudged off-side. If he prefers, he may have the ball down for a scrimmage instead.

Whenever the ball goes across the side boundary line of the field, it is said to go "into touch," or out of bounds, and it must be at once brought back to the point where it crossed the line, and then put in play by some member of the side which carried

it out, or first secured possession of it after it went out. If the ball be kicked out of bounds or passed out of bounds, it belongs to the opponents. The method of putting it in play is to take it to the spot where it crossed the line and then carry it at right angles into the field at least five and not more than fifteen yards, and make an ordinary scrimmage of it, the same as after a down. The player who intends walking with it must, before stepping into the field, declare how many paces he will walk in, in order that the opponents may know where the ball will be put in play. We will suppose that the ball by a succession of these plays, runs, kicks, forward pass, downs, fair catches, etc., has advanced toward one or the other of the goals, until it is within kicking distance of the goal posts. The question will now arise in the mind of the captain of the attacking side as to whether his best plan of operation will be to try a drop-kick at the goal, or to continue the running attempts, in the hope of carrying the ball across the goal line, for this latter play will count his side a touchdown, and entitle them to a try-at-goal.

In deciding, therefore, whether to try a drop-kick, or continue the running attempts, he should reflect upon the value of the scores. The touchdown itself will count 6 points, even if he afterward fail to convert it into a goal, by sending the ball over the bar and between the posts, while, if he succeed in converting it, the touchdown and goal together count 7 points. A drop-kick, if successful, counts 3 points, but is, of course, even if attempted, by no means sure of resulting successfully. He must, therefore, carefully consider all the issues at this point, and it is the handling of those problems that shows his quality as a captain. If he elects to continue his running attempts, and eventually carries the ball across the line, he secures a touchdown at the spot where the ball is finally held, after being carried over, and any player of his side may then bring it out, and when he reaches a suitable distance, place the ball for one of his side to kick, the opponents, meantime, standing behind their goal line. In placing the ball it is held in the hands of the placer, close to, but not touching the ground, and then carefully aimed until the direction is proper; the kicker himself may aim it, touching it with his hands, provided the ball does not touch the ground. Then, at a signal from the kicker that it is right, it is placed upon the ground, still steadied by the hand or finger of the placer, and instantly kicked by the place kicker. The reason for this keeping it off the ground until the last instant is that the opponents may charge forward as soon as the ball touches the ground, and hence would surely stop the kick if much time intervened. If the ball goes over the goal, it scores as before indicated, and whether it goes over or not, the oppo-

nents then take it to the proper 40-yard line for kick-off again, the same as at the commencement of the match. The opponents have the privilege either of taking the kick-off themselves or of having the side which scored kick-off. The ball is also taken to the center of the field if the goal be kicked after a touchdown.

There is one other issue to be considered at this point, and that is, if the ball be in possession of the defenders of the goal, or if it fall into their hands when thus close to their own goal. Of course, they will naturally endeavor, by running or kicking, to, if possible, free themselves from the unpleasant situation that menaces them. Sometimes, however, this becomes impossible, and there is a provision in the rules which gives them an opportunity of relief, at a sacrifice, it is true, but scoring less against them than if their opponents should regain possession of the ball and make a touchdown or a goal. A player may at any time kick, pass or carry the ball across his own goal line, and there touch it down for safety. This, while it scores two points for his opponents, gives his side the privilege of bringing the ball out to the twenty-yard line, and then putting it down for a scrimmage or taking a kick-out, performed like kick-off or any other free kick, but it may be a drop-kick, a place-kick or a punt.

The succession of plays continues for four periods of 15 minutes each. Between the second and third periods there intervenes a 15-minute intermission, after which the side which did not have the kick off at the commencement of the match has possession of the ball for the kick off. But between the first and second and third and fourth periods there is only a one-minute intermission, and the players of neither side are allowed to leave the field; the ends being changed, and the ball placed in the same relative position, the down and point to be gained remaining the same. The result of the match is determined by the number of points scored during the four periods, a goal from a touchdown counting 7 points; one from the field, that is without the aid of a touchdown, 3 points; a touchdown from which no goal is kicked scoring 6 points, and a safety counting 2 points for the opponents. In practice it is usual to have the periods of play somewhat shorter than for a regular game.

## How to Play Foot Ball

BY WALTER CAMP.

I wish to preface the brief remarks which I take occasion to make in this chapter regarding special plays in foot ball with the statement that they are not intended to cover the first principles of the individual positions in the game. In another book I have dwelt upon these at length, and have there defined with as great accuracy as I could the principal duties assignable to the occupant of each position on the team. In addition to this, I have there given the main features of team play. It is worth while to mention this at the outset, because a team can make no greater mistake than by taking up what are known as "trick" plays, or, in fact, any of the ordinary team plays in the present modern game, before the individuals of that team have become thoroughly perfected in the practical rudiments of the game, and perform almost by instinct the ordinary duties of their positions. This education in fundamentals has grown even more important in the last two years, for a team may no longer rely upon compactness of formation and the power of weight and concentration, because it is impossible by means of such plays to gain ten yards even in four downs. Hence education in individual perfection becomes more of a necessity than ever. A team which undertakes to make strategic plays before mastering these primary points will always find itself working at a tremendous disadvantage, and the waste of power will be almost incalculable. Perhaps I could not put it more plainly than to say that the tendency is altogether too much toward what is known as "git thar" principles in all of our lines of sport to-day. A crew endeavors to row in a shell before learning the principles of the stroke; our boxers are apt to go in for the swinging, knock-out blow at the sacrifice of the more old-fashioned, but better form, sparring; but in none of these forms is it more evident than in the one under discussion, namely, foot ball. It is not at all uncommon to see a team playing intricate criss-crosses, double and forward passes and concealed ball plays, whose men are still tackling high, and whose half-backs kick a punt from low down on the toe. To every reader of this book

then, I say with the heartiest good will, master the rudiments first if you wish to make yourself valuable to any team; master them thoroughly if you wish to see your team win when it comes to important matches. These special plays which follow are plays which captains and coaches can work out to an almost infinite number of variations, but it will be the individual players on the team who will, in the end, determine whether the use of these plays will turn out successfully.

Under the present rules, whenever a free kick is attempted, it must be an actual kick of not less than ten yards into the opponent's territory. The introduction of this rule caused all the flying wedge opening plays of some years ago, as well as formed wedges from fair catches and kick-outs to disappear. The captain now has to perform the principal part of his strategic play, outside of the kick, from ordinary downs, instead of from what have been called "free kicks," but what have been really "free wedges." Furthermore, the more recent changes in the rules make one of the prime essentials of a good team proficiency in running, forward passing and kicking from regular formations.

I, therefore, begin with running in the line. By this I mean running, from his position in the line, by any one of the seven men forming the forward line in the team. This may prove a fair chance to take at times under the new rules. Some years ago there was a great deal of guard running, and in a good many books published recently on the game, the guard is spoken of as by all odds the most available man in the line for running with the ball. That is true to this extent. The guard occupies a good position for short and, perhaps, unexpected runs, but with the modern game the guard is such a feature in the defensive work that it has become a good deal of a question whether he ought to be given much running to do on his own account, and especially as he must now, from his position in the line. He can no longer be taken back into what is known as the guard-back formation. But if the reader will bear this in mind, and so not make use of his guard except to such an extent as shall still preserve the guard for his ordinary work, one can say that he has in these guards two available men in the line. With four downs this play is rendered even more advantageous. The most natural run for the guard or tackle is between the tackle and guard on the other side of the line from which he stands. In the performance of this run by the tackle, the principal feature is to disguise the fact that the tackle is about to start, and his getting a quick and free start, not followed, or followed at a considerable distance only by his vis-a-vis. In order to do this he must form the habit of holding himself in the same position when he is not going to make this run that he occupies when he is going to undertake it,

for any difference will indicate to his opponent what the play is to be. But, breaking away, he runs closely behind the quarter-back, taking the ball on the fly as he passes, and making a short and sharp dash in between his own guard and tackle, or preferably just about over the tackle's position, who, with the assistance of the back and full-back both preceding the runner, break through with him. A tackle may also be run in a similar fashion between the tackle and end; guard and center, or even entirely around the end, but this latter play is of no great value except with particularly fast tackles, and more than that, it uses up the tackle's wind a good deal more than when he goes through the line, because the interference is likely to stand out pretty well toward the edge of the field, and the tackle will run his full distance and not be able to get through the end after all, thus having taken a considerable dash and under high speed and with no good result, but merely the loss of a down. In defining the tackle's running, I have also defined the running of the guard where he goes around behind the quarter in a similar fashion. These plays are strong where the guard is a big man and a hard runner with good legs. A fat man is useless in such a case. The University of Pennsylvania performed some very excellent work in dropping guards back as interferers, and also in giving the guards themselves the ball occasionally. This is of course impossible under the new rules, as no line men may be dropped back. A line man must run from his position. The ends may be used exactly as the guards or tackles in running, or they may be dropped back of the line into practically the half-back positions, and transferring positions and alternating with the half-back taking the ball.

One of the most effective plays ever worked was that in which the end-rusher was dropped back of the line and sent in between the tackle and guard repeatedly, on his own side, the ball being passed to him quite a little distance from the quarter; then suddenly the same play was made, and the ball was passed directly over the head of this end-rusher to the half-back, who had crept out beyond, and who thus took the ball in a free field and made a free, long run. This was repeated again in the same game, showing that the play itself was good even to be used more than once. The above plays are also assisted by special formation, the players taking positions on signals.

Other runs which are possible by the line men are, of course, criss-cross and double passes. One example of these criss-crosses will illustrate sufficiently to enable a captain or coach to carry out a great variety of them, using every man in his line if he wishes.

For instance, the tackle and half-back criss-cross. As in the instance I described of the ordinary tackle run, the tackle—say the left tackle—suddenly shakes himself free from his opponent and dashes straight at the quarter, a few feet behind him, of course; the quarter passes him the ball as he reaches him, exactly as though the left tackle were then going around between the right tackle and the guard. But instead of doing this, the left tackle passes to the right half, who runs to the left end, the half, full-back and quarter all interfering for him. The great point in this play is to see that the opposing right tackle does not get the runner as he starts off to get the ball, and furthermore, that this right tackle and right end are blocked late but long. Such a criss-cross can also be worked with the end, and with the guard it can also be tried to turn either inside or outside of the end. So much for the line men running. Wing shifts or line shifts, that is, plays wherein one side of the line shifts just before the ball is put in play over to the other side, are also becoming increasingly common.

Next we come to the half-backs and full-backs. Every one is familiar with the following plays, which we only mention in order to call them to the attention of the captain who is studying out in the early part of the season what plays he shall make the most of. The half-back running on his own side between any of the various men in the line; the half-back running between any of the men on the side away from his own side; the full-back running on the right side or the left side through the same openings and under the same circumstances and with practically the same interference, for in the modern game the captain is wise who uses his three men behind the line in such a way that any one of them may perform any of the various plays devised for the backs, and then maintain a similar formation, no matter what the play is to be. One cannot too strongly deprecate the exact detailing of certain movements in certain plays to get through or block or to take care of particular individuals when that move leads to the betrayal of the play before it has actually come off. The cardinal points to be remembered regarding running by the half-backs and full-backs are these: That the interference must depend upon the speed of the men engaged, and that no interference should be such as to slow up the runner appreciably, unless it be for some trick play or double pass where the slowing up of the runner means merely his being caught after getting rid of the ball. I have seen many a good team spoiled by their attempting to follow out a set rule as to the order in which interferers should reach the end. For instance, in the days of Heffelfinger, he showed how a guard could readily go from his own position out to the opposite end, and before the runner, and interfere most nobly for him **all the**

way down the field. For this reason every guard was at once coached to go out and interfere on the end. Three out of five were too big and slow to accomplish this to any advantage, but that did not seem to make any difference. Somebody had written that the guard should interfere on the end, and the result was that everybody had to wait until the guard got out there. Meantime, the runner was usually caught from behind. A good guard who can pick up his feet lively, and who can get around quickly and easily after blocking, can get out before an ordinarily fast runner. So, too, can the opposite end. A team ought not to have a quarter-back who is too slow to get out to the end as an interferer before the back with the ball reaches the other point. But for all that there are quarter-backs, and good ones, too, who are a little slow in this and hold back the runner. These men should either be coached into better speed or taught a little different way of getting rid of the ball on the run, perhaps, or be sent to perform the tackle's duties, and let the tackle get there if the tackle is a remarkably fast man; otherwise such a transfer would only make bad worse. From what I have already said the captain can see that he must measure his interference by the speed of his interferers, and match them with the speed of his runner with the ball in order to satisfactorily solve the equation for his own team. It is the captain of brains who wins by doing just these things, while the captain without them takes the hard and fast rule that has been laid down by some one, perhaps of his own team, who has written an article from the knowledge of only one or two teams, and thinks that all can be brought up to exactly the same point in the same way.

Regarding going through the line close to the center by backs (and by backs I mean the quarter and half-backs as well), there are two ways of sending a man through the line. One is to batter a hole before him and let him slip through, and the other is to put him through a quick opening. There are line plays which combine a variety of these tactics, but there are some principles to be remembered in connection with them which will give them something more than a careless "hit or miss" move. In the first place, a big, heavy man should never be run into the line with one or two light interferers preceding him, whereas a light man can be run in behind two heavy men with abandon. The reason for this is that there are times when the hole will be choked up in spite of the attempt of the interferers, and a heavy man getting his head down may strike one of the interferers in the back and incapacitate him for future work. It is not so apt to hurt the runner as it is the man whom he strikes, although there have been cases of injury to the runner. When the hole is choked up, and heavy men are interfering, they can usually keep the mass mov-



ing away from the runner, even if they do not open the hole for him, and this play is much less hard and far less dangerous. In sending two light interferers ahead to spring an opening for the runner, it should be borne in mind that an opening made in this way is a quick, sharp one, and should be utilized instantly. An opening, on the other hand, made by two heavy men in this fashion can be much smaller and rely largely upon the accumulated force even after the runner strikes the line. The men who go ahead to interfere must always remember if they have to go down to fall away from the opening and not block it up.

To come now to the wedges or mass plays. Owing to the prejudice of the public and the feeling that wedge work was taking too much of the attention of the players, captains and coaches, the rule-makers attempted to eliminate a great deal of this work by the passage of a rule against momentum-mass plays as well as the passage of a rule insisting upon actual kicks. This latter rule I have mentioned earlier in this book. There is no question but that this has done away with a great deal of the most showy part of the flying wedge, but rules against momentum-mass playing had not and are not likely to eliminate the use of the principle of wedges. They took off the weight which it was possible to get into these wedges, and in that way were an excellent thing, but it required more severe legislation to eliminate all mass plays. This, however, was accomplished quite effectively by the ten-yard rule adopted in 1906. The addition of the rule forbidding pushing and pulling and locked interference completed the demolition of the old mass play.

The development of the position of quarter-back, so far as running is concerned, has been toward the old rules, when many years ago it was possible for the man receiving the ball from the snap back to carry it forward. Some years since a rule was enacted again permitting the quarter-back to run, providing, however, he went out at least five yards from the point at which the ball was snapped. The first season this permission did not offer any very great developments along the line, but for the last two years it was tried with far more effect, and like any other play of this nature, seems to be developing in the hands of the coaches and players until it promises to be a considerable feature of the game. The continuation of the quarter-back run with the forward pass also offers excellent opportunities for successful play. It is interesting, because it admits of greater possibilities, and a run of this nature when it is thoroughly successful develops into spectacular play which pleases the spectator and demands one more qualification in a quarter-back.

This year, with the privilege allowed the quarter-back of crossing the line of scrimmage at any point and with four downs, there will be many more of these runs attempted.

There are several methods of effecting the quarter-back run, and although naturally it is difficult to bring it off unless it is performed unexpectedly, it does lend itself to the development of interference. The usual method is for the interference to circle outside of tackle, the quarter-back protected by the interferers making a very direct run out toward the end and circling as his interferers turn in.

Another method is to pass the ball back apparently to the full-back for a kick, and he acting, as will be seen, as a quarter-back, may run with the ball out around the end. Forward passing by any man back of the line is allowable this year, even though the ball crosses the line of scrimmage less than five yards out from the point where it was put in play. The man making this pass, as well as the man making a kick, must be five yards back of the line of scrimmage.

To come to the last point of this brief summary of plays, namely, kicking. This department under the present rules becomes still more important, even though a field-kick goal counts now but three points. The special points about kicking are the accurate placing of the ball and the acquirement of short and long-distance punting as well as place kicking. Kicking into touch, where admissible under the rules, should be made much more of, and it is becoming absolutely necessary for a team to have good punters. To go into the details of these kicks would be an almost infinite task, but the captain can study out the situation from the following premises: A kick is absolutely necessary at kick-off, sometimes at kick-out and often after fair catch. What kind of a kick, then, will be most advantageous to his team? A short one, high, where his man can get under it, or a long-distance one, giving the opponents a chance, perhaps, of return, but enabling him, if he has fast ends, to hold the ball down at the distance of the kick? How best shall he take advantage of all his possibilities?

Kicking has thus come to be an absolute essential in a well-rounded team, and the style of that kicking adapted to the make-up of the individual components of that team in end rushers, tackles and backs.

## Modern Attack and Forward Pass

The coach must make up his mind that while it is absolutely useless to rely upon hammering plays to win games, he must develop some fairly consistent short ground-gaining plays.

The open play, that is taking big chances of wide end runs or surprises combined with the forward pass, must still make up the threatening attacking force of an eleven to-day. But this does not mean that line bucking should be forgotten. There is apt to come a time in any game when the team must carry that ball for fifteen yards with certainty, when line bucking is a very valuable asset, and they must be tried out in doing this and tested until the coach feels that they will not be found wanting in a pinch. Now, it is not the simplest thing in the world to accomplish this, but it is not impossible by any means.

Elsewhere in this book the detail of the running play is sufficiently dwelt upon so that it is more important to discuss the points of the forward pass.

First, it is well to consider this as the means of alarming the opponents and forcing them to place their defense in such a position as to make it more possible to puncture or circle their line. When the forward pass first came in very few teams realized that there was any other way to frighten the opponents than by actually making the pass. Teams now have learned, however, that it is quite possible to alarm the opponents and open out their defense without taking a chance of surrendering the ball, which is likely to happen on any forward pass that is not recovered by the attacking side. With this end in view, it is wise to have a certain line of plays primarily based upon the half-back or back charging around the end of the line, in which play the end himself goes forward, turning toward his runner and extending his arms as if to take the pass. Meantime the back, who is running, still circling back after having received the ball, puts it in such a position in his hand as if he were getting ready to make a forward pass, but still runs on. Now, it is impossible under these conditions for the opponents to know whether the man actually intended to make the pass and then found that the position of his end or his own progress was such as to make it inadvisable to complete the pass, or whether it was a fake play all the way through. As, therefore, it was

impossible for the opponents to tell they must guard just as though the pass had been made, and hence their line of defense has been weakened by it, and again they may be rendered nervous for fear the next time the man will pass the ball.

Now as to the detail of forward passes and kicks themselves when actually made. A forward pass may be made in a variety of ways. When the play was first started the men passed the ball in any old fashion. A toss end over end, a swing like that



GETTING A FORWARD PASS.

used by the quarter-back in making a long side pass, or even a two-handed pitch like a toss of a basket ball. As men became more familiar with the use of their hands in manipulating these passes, they found that a good deal more could be done than was at first contemplated. This was on account of the shape of the ball. It was found that a man could throw the ball as one would a spear or javelin, and this, in addition to the side swing

or spiral, made it possible to do a great deal in the way of distance and accuracy. If the pass is to be short, a little toss just going from one man over to another. The simplest and easiest is a two-handed toss, either from over the head or from the waist. If the toss is longer and needs to be sent more quickly, the pass such as a quarter-back uses in delivering the ball, where he takes it with the hand over the end and swings it, is more effective in speed and quite as accurate. When it comes to a longer or faster pass, then the spiral is used. The ball may be held underneath with its point forward and the fingers over the lacing and driven forward almost with the same motion that a ball is pitched for an outcurve in base ball. Then the overhand pass may be used for longer distance. The ball is held back of the middle, between the thumb and fingers, with the fingers on the lacing. The ball is grasped firmly and the position is like that of an overhand throw in base ball. The ball is driven forward, the grasp of the fingers on the lacing and the thumb on the ball causing the ball to fly with a spiral or turning motion with its long axis continually pointed forward and horizontal to the ground.

There is still another pass which must be mastered by the man who wishes to be perfect in that line of play, and that is, a pass which travels well in the air; in other words, occupies considerable time, so that players of the passer's side may be able to get under it and have a better opportunity, or at any rate as good an opportunity, as the opponents for securing it. It may seem a simple pass, but it is one of the most delicate and difficult to make of the lot and many a man has failed when he was put to the test. It requires practice, like the others. It should be made by an end-over-end motion, as used in the quarter-back's pass, only sending the ball up into the air instead of low. This kind of pass can be made up into the air, even when the men are almost on the passer, and is useful when the ball is down within the enemy's danger zone, where any successful bringing off will probably mean a touchdown and where a fumble by the opponents might be fatal to them.

## How to Play Quarter-back

BY WALTER H. ECKERSALL,

University of Chicago.

The position of quarter-back is considered by many to be the most important one on a foot ball team, but to my mind each of the eleven positions is a critical one. At some time during every game an opportunity comes to each man to play his position as it should be played, and on his ability to grasp that opportunity depends the result of many a contest.

A foot ball team is composed of eleven men, and if, as sometimes happens, one man is apparently doing all the scoring, you may be sure the other ten men are doing their duty in order to make such a feat possible, and praise should be given to them equally with the fortunate individual performer.

The quarter-back position may wisely be termed the keystone one of a team. Especially is this so, as is usually the case, when the quarter-back gives the signals. He is then truly the field captain and largely responsible for the outcome of the contest through which he directs his men.

A team should have the utmost confidence in its quarter-back in order to play with the speed and precision by which games are won. On the other hand, the quarter-back, by steady, consistent play and ability to deal with emergencies, should merit this confidence. Often the very tones in which the signals are given can bring order out of chaos, and vice versa.

There are just as many different ways of playing quarter-back as there are coaches and quarter-backs. Of course, a certain set of playing rules must be followed, but aside from that, the field left for devising original plays is large and on the coach largely depends the origin of these plays. If the formations are such that a great deal of time is required to carry them out successfully the playing of the quarter-back will naturally be slower, and, on the other hand, if trick playing, running and kicking are resorted to, the speed of the quarter-back is proportionately increased.

The material with which a coach has to work often determines the style of play to be adopted. If the men are heavy, and consequently slow, the plan of action will have to be along the line of their plunging, line-plugging abilities. And, on the other hand, if the material is light, a speedy, crafty campaign must be planned to offset the lack of weight.

Other points which the coach considers carefully in devising the plays for his quarter-back are the abilities and handicaps of the opposing team. Perhaps one team is noted for a certain

style of play, hence plays are planned to cope successfully, if possible, with this method. These plans failing, often an entirely different mode of procedure is expounded to the players between the halves by the coach, and the quarter-back receives his instructions accordingly.

As each succeeding team naturally puts up a different game the coach is obliged to think up new plays constantly and teach them to his men.

So it seems to me the coach does a great deal of hard work that the quarter-back is generally given credit for. Still, the quarter-back must use his good judgment in the direction of these plays in the heat of battle, or the best-laid plans of the coach are for naught; so, perhaps, after all the responsibility is equally divided.

### REQUIREMENTS OF THE QUARTER-BACK.

As a general rule, with but few exceptions, the quarter-back is a small fellow, weighing in the neighborhood of one hundred and fifty pounds, small of stature, but very compactly built, a good runner, plenty of nerve, good judgment and cool-headed.

The new rules promise to add to the requirements of their positions, especially in ability to run, and all the backs are liable to be quarter-backs.

Theoretically, he is the captain of the team, for he directs its play from the start of the game to the end. If he is an intelligent and experienced player, his judgment will rarely be questioned by the captain, and if this be the case the captain should be reprimanded for such interference. The quarter-back is depended upon for the team's victories and blamed, generally, for its defeats.

This man should have a combination of qualities, which, fortunately, most quarter-backs have.

First—He must have a good memory. He should be able to remember from sixty to seventy different plays and the signals for them, and he must know them in such a way that there is no hesitancy or delay on his part in giving them.

Second—He must be able to devise some plan for finding out the weaknesses in the opposing team, and then hammer them consistently. This is accomplished most readily by using the full-back and sending him at every point in the line, thus finding some spot which is weaker than any of the others.

Third—He must not use any man too much, for fear of tiring him too quickly, thus weakening the offense and the team as a result.

Fourth—He should consult with his own line men in regard to

the position of their opponents, thus ascertaining, in a measure, the chances of sending a play through one of them with a marked degree of success.

Fifth—He should always encourage his team mates, whether they are being outplayed or otherwise, for it is too well known in foot ball that the players never lie down and a little encouragement goes a great way.

Sixth—He must always bear in mind the coach's instructions, and also consider them seriously.

Seventh—Always consider your opponents as gentlemen.

Eighth—Always treat the officials in a courteous manner, being ever mindful of the fact that they are selected as impartial overseers of the game, and, too, that any act of discourtesy on the part of any player gives the officials the power to send the offender from the game.

Ninth—Be a cheerful loser and give the credit where it belongs.

Tenth—Take your victories modestly and your defeats with courage.

## POSITION OF THE QUARTER-BACK.

There will be many new positions for the back field men, but in regular formation the quarter-back should stand squarely behind the center in a crouched position. It is necessary that he holds his hands in a fixed position to receive the ball. He should make no move whatever, with his hands, or by a dip, from bending of the knees, to receive the ball, for if he does he immediately gives a warning to the opposing team, thus enabling them in many cases to get the charge on his own team mates. In connection with this, it may be necessary to add, that it is very helpful to have a starting signal. This enables the team to start at the same time and does not give the opponents any undue advantage, which might come if the quarter were to give a motion with his hands or some other outward sign.

In receiving the ball from the center, the quarter should use his hands as much as possible. I have found it very useful by having my hands close to my body in such a manner that the ball comes in contact with my body and hands at practically the same time, causing no delay whatever, in passing the ball to the player who was called upon to carry it on that particular play.

Many coaches advocate a side position, which necessitates, as they claim, a surer pass from the center, but it does not allow the quarter to start quickly, thus delaying him in getting the ball to the runner immediately, which is a very essential point.

The quarter must familiarize himself as much as possible with



the ball. He should spend plenty of time working with his center, making whatever adjustments and suggestions he deems necessary for the further perfection of his play. He must spend some time practicing with a wet, heavy ball, for no one can tell when the conditions will be such that the ball will become wet, heavy and soggy.

### PASSING.

In my estimation, passing is the most important work of the quarter-back. As has already been stated, nearly every team has its quarter coached differently in the various branches of attack.

When the full-back is called upon to make a straight plunge on the half-back for a straight buck or cross-buck the quarter should *never* fail to place the ball in the stomach of the man who is to carry it. This is a cardinal point in the work of the quarter and too much emphasis cannot be laid on it.

If the full-back is to make a straight buck on the right of center, the quarter should pivot on his left foot, quarter of the way round, and with his left hand *place* the ball in the pit of the stomach of the full-back, and vice versa if he bucks on the left side. The same theory holds true in passing to the half-backs for straight bucks and cross-bucks, only on the cross-bucks he steps to the side and back, and places the ball in the stomach as before. Of course, in the wide end runs and trick plays this cannot be carried out, but should be always borne in mind by the quarter-back.

This point of passing is very essential to good team work, for nothing will slow up a team quicker than poor passing, which is of course the fault of the quarter-back. If the players begin to lose confidence in the quarter-back they will not put the same dash and drive in their work as they would otherwise. Then again, the quarter-back is only a cog in the great machine, and he should fulfill his part of the work without any hesitation or delay.

### TACKLING.

As a general rule the offensive quarter-back plays defensive full-back on defence and as such innumerable opportunities present themselves for him to test his own tackling ability.

When playing the above position on defence it is best to play from fifteen to twenty yards back of the scrimmage, thus enabling the quarter to stop a runner in the open field without any considerable gain, and because it is easier to stop him than than it would be if he once obtained a good start.

Too much time cannot be spent in practicing tackling. It is a fundamental requisite of his position and should be perfected by him, more than by any one else.

The quarter should *never* run up on a man, when he once gets loose, for it is the easiest thing in the world to dodge a man when he is coming up to meet you. The tackler must wait for the runner to come to him, and then by some original schemes, such as a little jumping sideways, endeavor to hit him about the thighs, as the rule forbidding tackling below the knees is being enforced. The quarter must be able to tackle with both shoulders equally well, and should not favor one shoulder, as is quite frequently the case.

It is generally better to corner the runner, if possible, between the side-line and yourself, and when you are absolutely sure you have him safe, you should make a running dive at him, thus enabling the tackler to break any stiff-arm and prevent the runner from dodging. Nothing is more distasteful to the follower of foot ball than to see a half-hearted attempt at tackling, such as a tackle around the neck or by the arm. From such attempts as these injuries are inflicted, occasionally of a serious nature.

The defensive quarter of course is forced by circumstances to tackle a runner wherever he can. The player in this position should be a man of experience, intelligence and strength. He should be able to size up situations quickly and direct his team mates accordingly. An experienced, defensive quarter is occasionally able to foresee a certain play by the actions of the backs of the opposing team. Not infrequently does an experienced half or full-back point with his eyes or feet in the direction of a play and naturally more so in the case of the inexperienced player. One great point, which he must continually bear in mind, is not to go into a play too quickly, for it may happen that it is a fake or split interference play, and, naturally, to get the defensive quarter drawn in, adds to the value of the play. He must always throw himself under a pile and never try to resist a mass standing up.

As a general rule the play on a fourth down is either a kick or a buck through the line and after the game is fifteen minutes old the man backing up the line should know what is going to happen.

### INTERFERENCE.

The quarter-back is quite an important man in the interference and much can be said about his work in this particular branch. In straight plunges by the halves or full-back, he should *not* attempt to get in ahead of the runner, or immediately behind, because he thus has a tendency to clog and slow up the play. The quicker the play gets up to the line of scrimmage, the more value it has. When the quarter plays thus he is practically a free man

and must be constantly alert for fumbles, which occasionally happen and frequently result seriously. In end-running, it is a cardinal principle for the quarter to head the interference.

In open-field interference the interferer should not hesitate to leave his feet to take a man out of the way, especially if the opponent is the defensive full-back. Of course, the interferer must make sure of his man, and this can best be done by getting him between the side-line and himself, then making a lunge for him, so that his body will strike the tackler about the knees. But the interferer must be certain of his position before the lunge is made, as the tackler may side-step the interferer as he takes the lunge. This is the surest way there is for taking a man out of the way, and it is a form that *can* be accomplished with practice. Work on the tackling dummy is mighty good for this.

### HANDLING PUNTS.

No one rule can be laid down telling a player how to catch a foot ball, but numerous suggestions can be made upon this point.

A punted ball has no definite direction, for it may be diverted from its course by numerous air currents which come from openings in the grandstands or other sources, thus making it very hard to judge the ball accurately. Of course the ball is caught against the body, if properly judged, with the aid of the arms and hands. It is also a good thing to bring the leg in action, by pulling it up in such a manner as not to allow the ball to drop downward after being caught.

The quarter-back should pay no attention whatever to the men who are coming down to tackle him. He *must* make sure of the ball and then of the men.

When he has caught the ball he should carry it in such a way that the point is well up under the arm and the other point resting in the palm of his hand. When he is tackled he must be absolutely sure to hold on to the ball by wrapping both arms around it. It is a rather poor policy to attempt to catch a ball on the run, as the chances of missing it are greater than the chances of catching it. When carrying the ball the runner should *never* run straight into a man, because an injury is easier averted by side-stepping and getting the force of the blow on the side.

Kick-offs are different from punts in that they have a definite direction, thus making them easier to catch. It is best to catch kick-offs on the run, if possible, because they are much simpler to handle and the catcher runs very little risk of dropping them, and then, again, he is moving rather fast, covering the ground and in a better position to dodge. Always get possession of the

ball if it goes behind the goal line, for if the opponents get it, it is a touchdown for them.

### GIVING SIGNALS.

The quarter-back in giving signals must give them loud and clear. The fundamental point in this branch of the quarter's work is his utmost familiarity with the signals. He must have them continually at his tongue's end and he should help other members of the team memorize them.

If a signal is to be repeated the quarter must rise from a crouching to a standing position and give the signal with the same clearness and distinctness as before. He must never turn to either side and repeat the signal, for he may unconsciously give the play away. When a repetition of the signal is called for it is best to turn around and face the backs and then turn back and give it to the line. Especially is this true on a day when there is plenty of noise, and for this reason I favor series plays, when two or three plays can be run off from one signal, thus giving a team the advantage of fast play.

### PUNTING AND DROP-KICKING.

It is a rather difficult matter to describe how to kick a foot ball accurately. Kicking applies to punting as well as scoring from the field, but the two branches of this part of the game are absolutely distinct.

It is hardly necessary, I suppose, to explain that a punt differs from a drop-kick in that when the former is made the ball is dropped and kicked before it touches the ground. In a drop-kick the ball is dropped to the ground and kicked just as it is rising on the bound.

In the last few years, with the development of place-kicking, drop-kicking has to a certain extent gone out of use. So far as I am concerned I prefer drop-kicking to place-kicking. In the latter form of scoring the responsibility is divided between two men—the one who holds the ball and the actual kicker. This division of responsibility of course doubles the chances of failure, for not only must the kicker do his work accurately and quickly, but the man who holds the ball also must make no mistake.

Just what is the exact secret of successful kicking is as hard for me to explain as for any one else. No two kickers use absolutely the same method. I know that when I was first learning to kick I was frequently told by good coaches that my method was all wrong.

The two most important points about kicking, whether it is punting or drop-kicking, are accuracy and speed. No matter how good a kicker a man may be—no matter how accurate even—if he is not fast in getting the ball away he is practically helpless. Therefore, a man learning to kick should endeavor first and foremost to attain speed. The kind that is best understood by the phrase "make haste slowly."

The kicker should always try to make a kick in just the same space of time, whether he is merely practicing on a clear field or actually kicking from behind the line in a game. He should try and feel just as if there were no one trying to break through the line and block his kick. He should know he has just about so many seconds in which to get the ball away and he must take all that time to increase the accuracy of the kick.

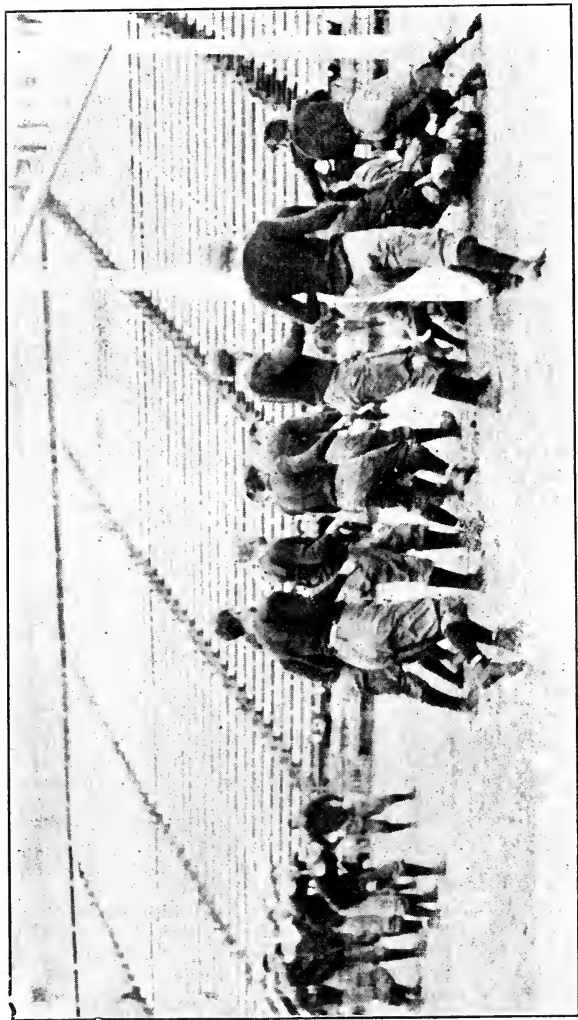
Accuracy, after a certain point in the development of kicking, is better than distance. An accurate punter can generally place the ball so that a man on the opposing team who catches it is almost sure to be tackled before he can run back any great distance. On the other hand, as one frequently sees in a game, some punter gets great distance, but the man who catches the ball is able to run it back.

In punting, the kicker should always have a good idea of just where the opposing back-field men are waiting to receive the ball. It should be his idea to get the greatest possible distance, at the same time trying to put the ball where it is hardest for the opponent to get it and where the ends on his own team will have the least difficulty in making a tackle.

All this applies to punting, but although this is the most important branch in the kicking end of the game, it is the drop-kicking that appeals to the spectator. A large proportion of every crowd at a game knows really little about the finer points of foot ball. This class of spectators does not realize how important punting is. A man is apt to forget that a single punt may gain forty or fifty yards in a few seconds, which it has taken the opposing team many minutes of hard play to obtain.

This is not the case with drop-kicking. If the drop-kick is successful, it gains three points, and the spectators appreciate it more than any other kind of kicking, just as they are apt to think more of the effort which gains the last yard for a touch-down than of a much longer gain made earlier.

As I have already said, it is rather hard to explain how to make drop-kicks. In making such a kick the kicker should get the ball on a high pass, about shoulder high, then turn a little to the right before dropping the ball to the ground. Then just as it rises on the bound he is in a position to swing at it with his right leg full force.



WIDE CROSS-BUCK FOR A TOUCHDOWN.

## Play of the Backs

BY W. T. REID, JR.,

Full-back Harvard Foot Ball Team of 1899 and Head Coach Harvard 'Varsity  
Foot Ball Team for 1905.

Properly speaking, the term "backs" refers to the quarter-back, the two half-backs and the full-back. This article, however, will deal only with the three latter positions, leaving the very technical work of the quarter-back to some other writer.

The three backs, as we shall term them, are closely associated in everything that they do. On the offense they alternate in carrying the ball and in pushing each other along in making forward passes or receiving them, also two of them should be able to make an on-side kick. On the defense at least two of them, and sometimes all three, are called upon to reinforce the rush line and at the same time protect against forward passes and on-side kicks. And they are usually of about the same size and weight.

With all these points of similarity there is much that belongs to each separate position that goes to make it unwise for a back to attempt to play in more than one position. For instance, if the right half attempts to play at left half he must accustom himself to the use of the right side of his body in interference instead of his left, to starting toward the right side of the line for many of his main plays instead of to the left, to receiving the ball from the quarter-back from another angle, and in general to an almost exactly opposite way of doing things from that to which he has been accustomed. From these observations it must be clear that while the duties of the various positions are just different enough to make it unwise to change players about, they are nevertheless so nearly alike fundamentally as to make it possible to deal with them as a whole, thereby saving much repetition and unnecessary explanation.

### QUALIFICATIONS.

The mental qualifications of a good back are first of all that he shall enter into his work with the proper spirit. Unless he has this spirit—that is, unless he is willing to subordinate his personal wishes to the general welfare of the team, and what is more, to do so heartily and enthusiastically—he cannot hope ever to be a great player, even though he have marked individual ability along every line of play. Team play is the essence of successful foot ball, and he who is looking first of all to his own interests will never make a "team" player; he will not contribute his share to the *esprit de corps* of the backs, and he will

never "fight" for all he is worth from the beginning of a game until the end.

Besides having the proper spirit he should be heartily co-operative; he should be full of aggressiveness both on the offense and defense; full of sand and grit, and imbued with a reasonable amount of judgment. Physically, a back should be compactly built, strong and quick, never slow nor clumsy, and should weigh anywhere from 170 to 190 pounds. Possibly now it is not necessary to have such heavy backs, owing to the fact that with the advent of the 10-yard rule the plunging game is not so essential. However, when the ball must be carried over the latter portion of the field by a limited number of men—the necessity for one heavy, powerful back to do this, must be evident. In earlier days, before the defensive side of the game came to be so well understood, and before special styles of defense were devised to meet special forms of offense—it was generally planned to have at least one of the backs a good end runner. This provision is, under the new rules, likely to become quite as important now as it once was, owing to the fact that push-plays may no longer be practiced with old time success. The defense has, however, mastered the end running game, unless indeed it consists of skillfully devised conception. The new rules have brought end running in again to a considerable extent. Hence, it is well for teams of to-day to choose for backs, those men who can as nearly as possible perform the task of the lineman of the past two or three years. If, in meeting these requirements, an end runner turns up—well and good. Finally, the back should have the knack of not getting hurt. Some men have this to a marked degree, and almost never get hurt, while others are equally unfortunate and are constantly being injured. As team play is dependent upon "drill," and that in its turn is dependent upon the individual, it is easy to see why an "immune" back is most desirable.

#### FUNDAMENTAL POINTS.

Too much emphasis cannot be placed upon the necessity for thorough drill in fundamentals. These fundamentals consist of falling on the ball, passing it, kicking, catching and carrying it.

"Falling on the ball," or, more properly speaking, falling around the ball, should be practiced while the ball is at rest, and then, while it is in motion, to the right, left, front and rear. In any case the player should be very careful not to dive at it in such a way as to dive the top of his shoulder into the ground, for a bad bruise or injury is likely to result.

Neither should he ever attempt to fall flat upon the ball lest he bring about an injury to his wind or his chest; instead, he



should fall flat, either so that his weight shall be on his elbows or knees, or else so that his body at his waist is doubled up around the ball, which he shall hug closely with his arms and hands.

In diving for the ball the player should dive as closely to the ground as possible, thus preventing an opponent from getting under him. He should always see to it that his body is between the ball and an opponent. These points make for added safety and protection.

Backs should have enough practice in passing balls to feel thoroughly at home with them. This is especially true under the new rules. They cannot be sure of this unless they handle new balls, wet balls, old balls and dry balls, and unless they handle them incessantly.

Unless this is the case a team is likely to find itself without a kicker, perhaps in the midst of some important game. And the ordinary need for a kicker has been increased greatly by the changes in the rules, which make it necessary to advance the ball in gains of 10 yards even in four downs, with only four men behind the line—which is, of course, a much slower and less powerful way than that practiced before. Here it is that a superior kicker can be of inestimable service to his team—since in no way can big gains be so quickly or easily made as through the kicking game. Therefore it is of the greatest importance that as many of the backs as possible should be good kickers, or at least punters.

Indeed a good kicking game, if successful, is certain to bring with it quicker and more frequent scoring than almost any other style of play. This is due, of course, to the enormous distances which good kicks cover, together with the consequent saving of time and energy. Even more attention should be devoted to catching, for almost nothing in foot ball may result so disastrously as a bad fumble in the back field. Unless a back is sure at catching, or shows signs of becoming sure, with practice and experience, he should never be allowed to attempt catching. Bungling work in the back field is the most demoralizing thing than can happen to any team.

Carrying the ball is the main function of the backs, hence the need of knowing how to carry it safely. This depends upon the way in which the ball is held. For end runs one end of the ball should be tucked under the arm—not too far under, so that it can be knocked out—while the other end should be firmly grasped and covered with the hand. In bucking, the ball should be held in the pocket formed by the stomach and legs, as the runner crouches, with both hands, though in case a back feels that he has the ball secure there is no reason why he should not use one hand to ward off opponents. In the case of end runs the

back should be prepared to ward off runners with either hand, changing the ball when necessary from one side to the other. And whether bucking or running, a back should never allow himself to loosen this hold on the ball, owing to the necessity of giving much attention to passing some particular opponent. The grip on the ball should be automatic and vise-like. Where a back is uncertain of his hold he may get good practice by bouncing a ball against a wall and then clapping it at once into position on the return.

It is of course necessary that the backs should tackle and interfere well. This means that they should both tackle and interfere low—the only difference between the two being that in case of a tackle the runner takes hold of his man, while in the interference he does all that the tackler does except take hold. A high tackler or interferer has no place behind the line, particularly in these days.

Finally, no back can be effective who does not start quickly. An offence which is so slow in reaching its object as to allow a concentration of opponents at that spot before the play hits is of course worthless. The attack must be quick and hard. For this reason the backs should constantly practice getting off quickly and getting up their maximum speed instantly. There are several ways of starting. Some backs stand in a crouching position, with one foot a little in the rear of the other, and with the knees turned well in. This enables them to start to the right or left or to the front without a moment's loss of time and with great initial power. Other backs assume a sprinting start. The sprint start position, with only one hand touching the ground, and that only sufficiently to steady the runner, is at the present time generally conceded to be the most effective. Both ways are good; in fact, any way is good that will enable a back to get off quickly and in any direction. The things to be avoided are a momentary straightening of the back at the instant of the start, and a short backward step. In case the latter step seems necessary the back should take his position with one foot back to begin with, thus making it unnecessary to take an additional one. There should be no backward motion of either foot.

In general, backs should exercise extreme care to prevent unevenness in starting. Starting too soon or too late is only productive of fumbles and offside play, to say nothing of the upsetting influence which it produces throughout the team.

Along with his fundamentals, every back should spend considerable time in learning the rules of the game. This part of the work is often entirely neglected, and much to the detriment of the individual, for how can a man play a game well or intelligently when he does not even know the rules governing the

game? It is an altogether too common sight to see teams let opportunities slip through ignorance of the rules; indeed, such ignorance has on more than one occasion actually cost a team its game, and such neglect has even existed in some of the larger university teams.

A foot ball player is frequently called upon most unexpectedly, to decide instantly upon some question of the game, and just as frequently his decision or lack of decision enables him either to do the right or the wrong thing and thus either secure an added advantage or else precipitate an added disadvantage upon his side.

Every back should be absolutely familiar with the distinctions between a "safety," a "touchback" and a "touchdown." He should know what constitutes a "fair catch"—what a violation of it, and so on throughout the rules, especially as to the new rules relating to forward pass and kick.

And after the rules have been mastered, a player should be told to make his play always, in case of doubt—and *then* refer to the officials—and under no consideration to stop because he hears a whistle blow or because he hears some one yelling for him to stop. A player can never make a mistake in carrying out this suggestion, and may, on some occasion, save himself a bad blunder through a misunderstanding.

#### OFFENSE.

The position of back is one of the most exhausting ones in all foot ball. At no other position is there so little opportunity for rest or let-up. It is go, go, all the time, first with the ball, then in the interference, then on defense. It is necessary, then, that a back should always be in the very best of condition, never overworked, always full of vigor and life. It is better to underwork a back than to overwork him.

Of the two half-backs on a team it is generally planned that one shall be a good end runner, the other a good plunger or buck. Such an arrangement gives more all around possibilities to an eleven, particularly where there is an opportunity for broken field running.

On the offense the position of the backs will depend upon the style of game that is adopted. Sometimes they are played a full five yards behind the rush line, on other occasions they are played a scant three, while on still other occasions they form at even greater or less distance. The possibilities of formation are never ending, especially under the new rules allowing forward passing. When in position, and just previous to starting, the backs should take every precaution

to prevent giving the direction of the play away by unconscious glances, movements or "leanings." It is also well for the back to save himself whenever he can from the nervous tension of prolonged waiting. Many backs subject themselves to some such strain by getting onto their toes several moments before the ball is to be put in play, or by not "letting up" at the call of "time." This may be avoided if the back will "key himself up" just at the last moment. But above all a back should be steady. He should never in all his play slow up for his interference, or even allow any other back to be slowed up by dilatoriness on his own part. He should start instantly and "dig"—never letting up an instant for anything. He should play with indomitable spirit. If he fails to gain the first try he should grit his teeth and *make* it gain the second.

In end running a back should be careful not to run too close to his interference when in case the interference is upset he is likely to fall over his protectors. Instead he should run with a little interval between himself and his interference, thus giving himself a chance to see where they are going and to take instant advantage of any upset. Where possible it is well for a back to run low so long as he can see where he is going, for by so doing he is likely to cause his opponents a moment's delay in locating him. When tackled he should aim to fall forward. To this end he should run with his body slanting forward, where it is exceedingly difficult for an opponent to overcome the combined power of gravity and the player's efforts. After falling, a back should never hold the ball out at arm's reach, as there is danger that it may be stolen from him, or that he may be penalized for crawling.

In bucking, one of the very important points to be kept in mind is that of keeping the eyes open. A back who closes his eyes as he makes his plunge is likely to fall flat on his face when an opening in the line presents itself suddenly where he had expected to find the passage choked. A back should never allow himself to hesitate or slow up as he strikes the line, he should strike it while at his maximum speed. A back may run high or low, according to circumstances, particularly so long as he keeps his feet—a most valuable quality. It is also wise for the back to take short steps, as in this way he is not so likely to find himself too much spread out where the footing is hardly firm and where it is almost impossible to get his feet under him in case of some sudden shove or push. The legs should accordingly be bent as the back strikes the line, because in this way he is able to exert much lifting power in case of need. The arms and hands should also be used to make progress. Many backs lose much of their effectiveness because they utilize only a

portion of their power. The feet should ordinarily be kept on the ground, because only when they are there are they of much service. When, however, there is an imperative need of making a gain of a foot or so the back had best dive at the line—this being especially applicable to the full-back. Hurdling is now absolutely forbidden. When downed after a buck—or after any play, for that matter—a back should instantly straighten out so that there are no doubled up joints for succeeding players to fall upon.

In attempting line bucking the back should keep his chin close in to his neck, so as to prevent having his head twisted back over his shoulder, and he should also buck with the muscles of the neck held tense. This will tend to prevent bad wrenches of the neck and possibly injury to it. When in the midst of a line-bucking play which has resolved itself into a pushing contest between the two teams, the back should seek an outlet at the point of least resistance, usually to be found by feeling his way in different directions, and in general, a back should not raise his head until he has wholly cleared the secondary defense, as in this position it is very difficult for opponents to stop him, unless they have a clean chance for a tackle.

In case a back feels any doubt about the signal for a play, he should at once call out, "Signal." Otherwise collisions, fumbles and confusion will result. And no matter what a back thinks, he should invariably follow out the signal. The fault is not his if the play does not gain, but it is absolutely his fault if he does not go where he is directed. This rule should be absolute.

Another rule which should be invariably followed is that of never running back. It is a back's function to advance the ball, If he is unable to do so he should at least never lose ground.

If a back fumbles he should fall on the ball at once, never attempting to pick it up unless it bounces high. Attempting to pick up a fumbled ball is only making a bad matter worse. A back is responsible for the ball if it comes to him, and he should always remember that the possession of it is of the first importance.

It is the half-back's duty to afford proper protection to his kicker. He should afford it. He should also be reliable in getting any particular opponent who may be assigned to him to keep out of a given play out of the play. He should put his entire strength into every play and should always have his "nose on the ball." He should follow it everywhere. Mr. Forbes has hit the nail on the head in this respect when he says: "A man's value to his team varies as the square of his distance from the ball."

In the midst of play, whether on the offense or defense, the

backs should seek to encourage each other by a word, a touch or a look. Such simple though effective aids to thorough sympathy and harmony between them should never be overlooked. A hearty word of confidence spoken immediately after a bad fumble or other blunder will always cause the unfortunate player to put new life and determination into his work, while a bit of cutting sarcasm will drive him to anger or else dishearten him. When off the field a back should never allow himself to make unfavorable comments on any of his fellow players, unless indeed it be to the coach or captain. Nothing is so likely to spoil relations among players as criticism—offered behind the back. Certain annoyances should be borne for the sake of the team, even though they may be at times very exasperating. When a fellow back or fellow player is injured and confined to his bed nothing will so contribute to hearty relationship as frequent calls and anxious solicitation for recovery.

#### DEFENSE.

On the defense the backs and ends will have much to look after. Each has his particular station behind the line, with its primary and secondary responsibilities. Just what these positions are, whether far from the rush line, near to it or in it, must depend upon the style of game that is being played. Suffice it to say, however, that all styles are planned to the same end—to stop opposing plays.

As a rule the backs are so distributed as to most broadly cover the possible openings at which opponents are likely to direct their plays. Consequently as the opponent's offense varies, so should the defense. Sometimes it seems well to attempt to meet opponents behind their own line, at other times to meet them at the line, and on other occasions still to meet them behind your own line. Again, a back is sometimes held responsible for a run around the opposite side of the line from that on which he is stationed, so that the various combinations of responsibilities, due to the tactics of any particular opponent, are never ending.

Ordinarily the backs are looked upon as forming a secondary line of defense. In such a case they must exercise great care not to get drawn into a play too quickly, and yet they should be equally careful not to wait too long before attacking the play. A back who waits too long is as bad as one who goes in too early. A happy medium is what should be aimed at, and it can be obtained only by constant practice and vigilant watchfulness. To exercise this vigilance the back must needs stand high enough to see where the play is going, and at the same

time not be so high as to allow of being struck by an opponent while in an extended position. The instant a back sizes up a play he should get as soon as possible to the point of attack, watching carefully for trick plays, short kicks and forward passes all the while. A back will seldom be fooled by such plays if he will always keep a close eye on straggling players, and remember that the ball, not the motion of any mass, indicates the point of attack. Once a back has decided to attempt to head off a runner or a play, at a certain point, he should get his eye on the man with the ball and keep it there, never losing sight of him, always keeping his position in the interference in mind and *never* allowing himself to attempt to see where he is going. That part of it will take care of itself. Such precautions as those just outlined will prevent most any back from being fooled as to the location of the ball—owing to a temporary relaxation of vigilance. And vigilance in these days of concealed methods and forward passing is exceedingly necessary. In attempting to stop end runs, and in fact in stopping any play, a back should never allow an opponent to hit him with his body; he should keep his opponent away with his arms. A back has no business to allow himself to get hit. In meeting heavy interference the back should either dive at the base of the head of the play, or in case he is too slow in getting there he should, if chance offers, seek to swing the head of the play to one side where the direct line of pressure is broken and where a momentary delay will give his own players a chance to down the runner before the opponents have a chance to reorganize. Many times one man can upset a play effectually, where had he tried to tackle one of the players he would have been thrown off or dragged along some distance further.

The question as to whether a back shall break through and attempt to tackle behind an opponent's line is a very difficult one to treat. Sometimes, where a back is strong on the defense and the opposing line is weak it is advisable. But where the opposing rush line is a strong one and particularly where it is stronger than your own it is certainly inadvisable. In such a case the backs should hold themselves as reserves rather than as of the rush line. Otherwise, in case an opponent clears your rush line, a long run is likely to follow.

In everything that they do, whether on offense or defense, the three backs should combine in every possible way with the quarter-back. The center rush, the three backs and the quarter-back should practice constantly together so as to get the purely mechanical work of their positions well ordered, and in a contest the three backs should keep the quarter-back constantly informed of weak places in the opposing defense, that he may profit by them when occasion demands. In a nutshe! all four

backs should strive for mental, moral and physical team play both on and off the field.

#### BACK-FIELD WORK.

In the back field, the main function of the backs is the handling of kicks, and it is one of the most trying functions of all foot ball. To have to catch a ball while one's opponents are in many cases standing within arm's reach like so many wolves ready to take advantage of the slightest slip up is bad enough, but when these conditions are augmented by the necessity of judging a high kick in a gale of wind, they become well-nigh unbearable except to the coolest, most skillful and best drilled players. Such, however, is the trying position in which backs often find themselves on thirty or forty separate occasions in a single game. And worst of all they are severely censured where they fail of a clean record. A team can never know how much kicking it is likely to meet in any game until the game is on, and it can never know when the winning or losing of a game may turn upon the safe handling of a single kick. The possibilities of catastrophies are greater in the back field than in any other branch of foot ball play, and so it is imperative that only the most reliable men should represent an eleven there. The backs, then, cannot be given too much practice in catching kicks under every possible condition. They should practice with ends running down on them, with the wind against the kicker as well as with him, with a wet and dry ball. Furthermore, they should be given an opportunity to handle rolling, bouncing and twisting balls.

Under ordinary circumstances only one back is kept in the back field. It is his duty to handle all unexpected kicks and to tackle any runner that may get by the other ten players. He must be a sure catcher and tackler, and something of a kicker. This back may find himself on some occasion in the very trying position of being the only man between his goal and a fast opponent. When this is the case the back must, as a general rule, depend upon his own initiative for his line of action. No one else can lay it out for him. There are, however, one or two points which any back will do well to keep in mind. It is always a good plan to try to force the runner to take that direction that will bring him nearest to the side line, where it may be possible either to corner him or to force him out of bounds. There is little sense in undertaking to tackle a runner who has the whole field to manœuvre in, when you can reduce the field by two-thirds. Another point to be kept in mind is that of never running at full speed at a runner whom it is your intention to tackle, especially when he has an opportunity to side-step or dodge you. This side-stepping is the easiest



thing imaginable where the tackler bears down on his victim at full speed. It is frequently illustrated when ends overrun a full-back, who by a simple side-step eludes them and makes a good run. Instead, the back should run fast toward his opponent until he gets within fifteen or twenty yards of him, when he should slow up and get ready to respond to dodging, which can only be done when the back has full control of his body. And he should exercise great care not to be fooled by some false motion on the part of the runner. This false motion is usually given with the upper part of the body, and can only be detected by keeping a close watch on the hips, which will always give away the real tendency of the body.

In case it may at some time seem advisable to utilize the defensive ability of the goal tender, as we may call him, on the rush line, and consequently to put another man back there in his place, a sure catcher should be chosen even if he is unable to do much at open field tackling. The reasoning here is that where a back is given one opportunity to prevent a touchdown by a decisive tackle in the open field—which is frequently missed by even the best players, owing to the tremendous speed of the runner—he is given twenty chances to catch the ball where any one catch, if missed, might mean a touchdown. Under these circumstances it is of course better to provide for the common play rather than for the emergency. The goal tend should keep a sharp lookout for trick plays and where possible keep his fellow players posted by calling out advice which his distance from the scrimmage may enable him to give.

The moment the opponents give evidence of an intention to kick, one or two of the other backs should at once drop back to reinforce the goal tend. Care must of course be taken that the evidence is genuine before they go clear back, but once they feel sure of this point they should run back at full speed, looking over their shoulders about every ten yards to prevent the kick from surprising them, or else to be ready for a return to the line in case of a fake. Backs frequently loaf back to their position. This is all wrong; they should be either on the line or way back of it, with as little time as possible wasted in getting into either position. The distance of these backs from the rush line and their relative positions in the back field will depend upon circumstances. If the kicker is a good one and has the wind at his back they should of course play further back than if he is a poor kicker and has a stiff wind against him. The thing to be avoided is the danger of playing too far back. This is a very common fault among novices, who dread having the ball kicked over their heads and who, in order to prevent such a catastrophe, play so far back that it is impos-

sible for them to catch more than three out of five of the shorter kicks, owing to the impossibility of getting under the ball. It is better policy to take one chance in fifty of having a kick go over one's head for the sake of catching the great majority of them than it is to prevent a kick over one's head at the expense of having to handle them on the bounce, where the opportunities for gaining ground after the catch are *nil*. A ball may be allowed to bounce, for it no longer puts the opponents on-side. This should only be done, however, when the back finds that the ball is coming very badly to him. As a rule they should all be caught on the fly, and if balls are bouncing it shows that the backs are not covering the ground in a thorough manner. Quick kicks from formation are no longer a menace, for the new rule forbidding the kicker to be nearer than five yards to the line of scrimmage practically eliminates this feature.

Once they are the proper distance behind the line the backs should spread out in such a way as best to cover the territory in which the ball is likely to fall. To this end they should not stand too near each other or too near the side line. If they stand too near together they will overlap much ground, and if they stand too near the side line they will enable themselves to catch many balls which go in touch and which there is no need of providing for, while at the same time they will be unable to cover much important ground within the field. The backs should play far enough apart so that they can concentrate at any given spot in time to be of assistance to each other either in catching or in the interference. In case a strong wind is blowing at the kicker's back one of the backs should play a little in rear of the others in order to provide for a possible misjudging or for fumbles. Under ordinary conditions one of the backs should play well in front of the others in order to be ready for short kicks or other tricks. In case one of the backs essays a fair catch the others should be on the watch for a fumble. The best way to get practice on these various points is to put two sets of backs, with center, at work kicking and catching. Then a competition may be encouraged with the result that all the players become interested, and in the endeavor to win the competition give each other the best practice possible.

Whenever possible it is well to have ends run down under the kicks, thereby giving the backs every opportunity to catch kicks "under fire." Continuous back-field practice is very exhausting, so that it is well whenever much practice of this kind is undertaken to have alternate squads of players, thereby saving all of them from overwork. Should the backs become tired of the

practice and allow it to become lackadaisical, it should at once be discontinued, as carelessness in back-field practice is worse than none at all.

In preparing to catch kicks the backs should make every endeavor to get under the ball in time enough to enable them to receive it while they are standing still. To do this they must be able to "size up" a ball as soon as it rises in the air.

In running up on a ball the backs should also be careful not to overrun it, remembering that it is much easier to run up on a ball than to run back for it in case it is misjudged. Furthermore, in case a back who is careful to keep the ball in front of him misjudges it and it hits him in the chest, he stands a much better chance of recovering the ball as it falls in front of him than he would have if he overran the ball and it fell behind him.

While in the act of catching, a back should concentrate his entire attention on the ball, never attempting to divide it with the opposing ends. The plea that a back often advances for this tendency is that he is afraid of a bad fall just as he is completing the catch, or that he wants to see where the ends are, that he may dodge them more effectively, etc., etc. These excuses should all be denied on the ground that the possession of the ball is *the* thing. And in this connection it is **just as** well to say that in case a back fumbles in the back field **he** should fall on the ball at once. This point should be so drilled into the players that it will become second nature to them.

The moment a back has caught the ball he should turn his attention to his opponents, seeking how he can dodge them and run the kick back. In case he catches the kick in time to decide from his own observations in which direction to run, a back should experience little difficulty in getting off safely. But when the ball and the ends arrive almost simultaneously the situation is more difficult. In such a position the other backs should assist by a word or two. At first the giving of such directions will end in much confusion, but as the backs become more and more accustomed to each other this difficulty will disappear, to be followed by satisfactory results. Where a back is a good dodger he can often fool opponents by making a false start in one direction and then following it up with a real start in another. This ability is natural, and no coaching can develop it except where the player has in him the crude qualities.

One thing, however, every back can be taught, and that is that he shall never run back. Running back in back-field work is even more fatal than in ordinary scrimmage play. Another thing to be borne in mind is that under no circumstances can a back use his "straight-arm" more effectually than in the broken field running that forms such a big part of back-field work.



GETTING OFF A KICK WITH AN END BREAKING THROUGH.

## Early Fall Practice

All the large teams nowadays are in the habit of doing some practice in the fall preparatory to the work in the line-up. This kind of practice, if properly organized, is of considerable benefit, but when it is merely disjointed and carelessly arranged it does little if any good to any one except the kickers. The same kind of work should be done in the spring, hence a description of fall practice should cover any kind of practice performed with the team when scrimmaging is inadvisable.

When the men turn out in the fall the squad usually includes several men who perhaps have not played on the team before and some very likely who have never been out trying for it. It is, therefore, advisable for the captain to have three or four of his coaches on hand and on the first day, or even preparatory to that first day, secure the names and addresses, also age and weight and probable position of each candidate. Then he starts off with a knowledge of what men he has, their relative weights and the position each man thinks himself best qualified for. It may prove, and very likely will, that he may shift the men from the positions they intended trying for to others, but he should start off with the probability that the men themselves know approximately what the capabilities are.

On the first day he should run his squad once or twice around the field for a breather and then break them up into organizations as follows: He should take his centers, quarters, and backs and separate them from his linemen, with the exception of the ends. He should then place, say at one end of the field, all his linemen, and if he has enough to make two groups of six, so much the better. As many groups of six as he has of linemen should be separated and put under the charge of a coach. Their work should then consist of charging on the snap of the ball, the coach giving the signals by standing with his hand on the ball and giving it a turn. He should then practice them all on falling on the ball, rolling the ball along and calling out the man who is to fall on it or taking turns at this. This should be done with each squad of linemen and with considerable moderation the first day, gradually working up to longer work. Then it is well to run each of these squads, say a quick run on the snap of the ball of twenty yards. Meantime, the other squad, consisting of centers, quarters and backs, grouped at the other end of the field, should be broken up into groups of fives, consisting of a center, quarter, two halves and a back. These men should be given a set of simple signals, covering a run around the end, straight line buck, cross buck and kick. The center puts

the ball in play after the quarter has called the signal and the men run through the play, moving the ball about four or five yards to the play, and thus proceeding for half the length of the field and then turn around and come back. On the kick it is not necessary to kick the ball, but the center should toss it to the full-back as he stands back in position for a kick. It is well to shift so that the backfield men get a chance with different quarters and also so that the quarters get practice with different centers.

The ends should be formed in a separate group by themselves and they should practice in the following manner:

Divide them into sets of four and separate them in pairs about half the breadth of the field across the field. Then let them start running down the field, passing the ball across from one pair to another, letting them take turns in catching and passing.

It will be found that this work is rather fatiguing and long before the linemen and the groups of centers and quarters have become exhausted in their work, the ends will have had plenty of running exercise. Then the ends should come in and change places with the half-backs, while the half-backs, in groups of four, run down the field, throwing the ball the same as have the ends. Then certain of the ends should go in and take the position of quarters, to get practice in handling the ball, while a portion of the half-backs and backs go out and practice kicking and catching long punts.

In this practice it is well to have two centers detailed to go out and pass the ball back for the kick.

When the men have become somewhat hardened up, it is wise to have the tackles perform the same work as above outlined for the ends, that they too may become accustomed to catching and throwing the ball. Furthermore, if the track trainer is available it would be excellent to have him take hold of the big linemen a little at this season of the year and teach them to start quickly. Always bear in mind the fact that they should start principally from a crouching position, being well over their feet, and shooting forward and up at the same time.

[It is customary in spring practice to have prizes for kicking, both drop-kicking and punts, for distance and accuracy. It is also a good plan to have prizes for distance and accuracy of forward passing. It is not a bad thing to add to this, as a finale, two foot races, the contestants each to carry a ball. If this is attempted, the backs, ends and quarters should form one group, and here it will be necessary to run the race off in heats, the distance being fifty-five yards, while the tackles should form another group, the distance for these being forty-five yards; the guards and centers a third group, the distance for them being

thirty yards. Bear in mind that each man should carry a ball, and if he drops the ball he is disqualified.]

Considerable care should be taken in the early part of the fall practice, as well as in the early part of the spring practice, not to overwork the men in the first day or two, particularly if they are not in the best of condition. The time for the first day should be short and not energetic, but after a few days every part of the practice, even though short, should be snappy, and accuracy should be insisted upon. If a squad, for instance, of center, quarter and backs are fumbling the ball they should be called down and be sent through a dozen plays, with instructions not to fumble a single ball, to even go slower, if necessary, and then after performing properly a dozen times they should be speeded up again. Great insistence should also be placed upon accuracy of the punters and no carelessness or looseness in catching these punts. Every punt should be caught and not carelessly fumbled, for whatever habits are instilled then will probably hold later on.

There are certain times later in the season when a little morning practice is very advisable for individual men on the team, especially those developing faults or needing some correction. This is apt to be particularly true of centers in their passing and quarter-backs in handling the ball. Fortunately this is the easiest kind of a combination to work because the two men can get together on any spot near their rooms and work out for half an hour or so in the morning. It is necessary also to see that they do not practice too long or get too tired of the monotony, as they will perhaps if they have this morning practice and play full halves in the afternoon.

If room can be obtained it is well to give the backs practice in kicking and catching at certain times during the season in the morning. This is especially necessary in place-kicking goals, drop-kicking and practicing forward passes. Where the field is far removed from the university or school, facilities for morning practice can usually be obtained nearer at hand, although with some inconvenience.

## Signals

BY ROCKWELL AND HOGAN,  
Quarter and Tackle of Yale Team. 1902.

The first essential in any system of signals is simplicity. An intricate and complicated system always militates against the team using it; the quarter is troubled in framing his signals and the speed which should accompany successful play is impossible. The confusion and uncertainty of the quarter affects the other members of the team; they do not jump into the plays with the dash and vim which characterize a team confident of its signals and receiving inspiration from the knowledge that the whole team is working on the same play. It does not follow because your system is simple, that your opponents will make it out. The chances are very much against their doing so, and while they take their attention from the play to watch your signals you gain such advantage over them as will enable you to push your plays so successfully as to give them something else to think of save your signals. Yet in spite of the extreme improbability of discovering your signals it may happen that your team will be discouraged and its play materially affected by believing that your opponents are playing its signals. So, in all the systems given in this article, provision is made for a change, which should be made immediately in such a case; a change which is in keeping with the simplicity of the system and yet sufficient to regain the confidence of your team.

In any system of signaling there are always two considerations: the quarter, or whoever calls the signals, and the rest of the team. The system should be such as will enable the quarter



to give the plays quickly and accurately. There should be no hesitation whatever on the quarter's part. He should practice calling off the plays to himself until he has every one in his control and can use any of them when he needs it. Not only should there be no hesitation on the part of the quarter, but the rest of the team also should grasp the play as soon as it is called. The play originates with the quarter and so is perfectly evident to him, but it should also be clear to the team just as soon as the signal denoting it is given. Very often you will see the quarter call the signal and then wait till the rest of the team understands it before receiving the ball from the centre. There should be no wait. The system should be one to enable the whole team to get the play immediately the signal is called. On the speed with which the ball is put into play depends to a considerable extent the success of the offensive work of the team and, therefore, it is most essential that there should be no unnecessary delay after the signal is called. All the systems taken in this article have those ends in view. They have all been tried and found to conform to the demands of any situation.

For the sake of clearness the different systems are numbered as Code I, Code II, etc. In the diagrams the black solid square denotes the player taking the ball; the heavy, continuous line the direction which he takes; the zig-zag line shows how the ball reached him and the dotted lines the directions taken by the other players, save the one carrying the ball. The dotted squares indicate changes in position assumed by the players in such a play as a wing-shift, etc.

To indicate the positions the following abbreviations have been adopted: L. E., left end; R. E., right end; L. T. left

tackle; R. T., right tackle; L. G., left guard; R. G., right guard; C., center; Q., quarter-back; L. H., left half-back; R. H., right half-back; F. B., full-back.

For Code I a letter system is taken, having as a base a word, or combination of words, containing either ten or eleven letters, in which the same letter does not occur twice. It may be either ten or eleven, as the center may or may not be denoted by a letter. Such words as f-o-r-m-i-d-a-b-l-e, d-a-n-g-e-r-o-u-s-l-y, i-m-p-o-r-t-a-n-c-e, or combinations like p-r-i-v-a-t-e-b-o-d-y, c-h-a-r-g-e-d-w-o-r-k, c-o-n-v-i-c-t-l-a-m-p—any word or combination in which the same letter does not occur twice and which has ten or eleven letters. Take the combination H-a-n-o-v-e-r—C-i-t-y, and beginning with the left end give each position a letter.

**H A N O V E R C I T Y**  
 L.E. L.T. L.G. C. R.G. R.T. R.E. Q. L.H. F.B. R.H.

The letters H, A, N, V, E, R, stand for holes thus:

H—Means end run around your own Left End.

A—Means play through Left Tackle, either inside or outside his position.

N—Means play through Left Guard.

V—Means play through Right Guard.

E—Means play through Right Tackle, either inside or outside his position.

R—End run around your own Right End.

It will be found easy to add other signals to indicate further plays based upon the above as forward passes and on-side kicks.

Let the first letter given in the signal indicate the player who is to carry the ball and the next letter the hole or direction in which the ball goes. For example, let the letters called in the signal be: I, A. The play indicated is the Left Half-back through Left Tackle. Naturally the quarter would call more letters than those merely required to denote the play, so this signal might run in such a way as. "I—A—B—C—D." The last three letters only helping to prevent the signal from being discovered. The following is a diagram of the play:

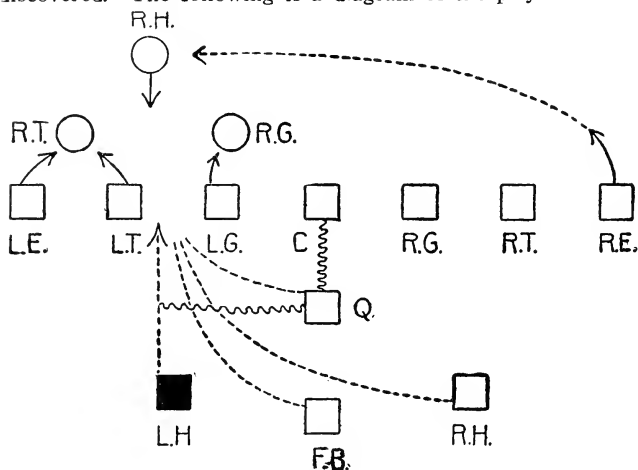


FIG. 1.

Your L. T. and L. E. push the opposing R. T. (designated in the diagram by a circle) back. Your L. H. follows straight behind your L. T. with the Q., F. B. and R. H. to make the play safe. The linemen charge straight at their opponents with the exception of the R. E., who goes in front of his own line and tries to take defensive back.

Let the signal given be: "Y—E—A—R." The play is the R. H. through R. T. Fig. 2 shows the play.

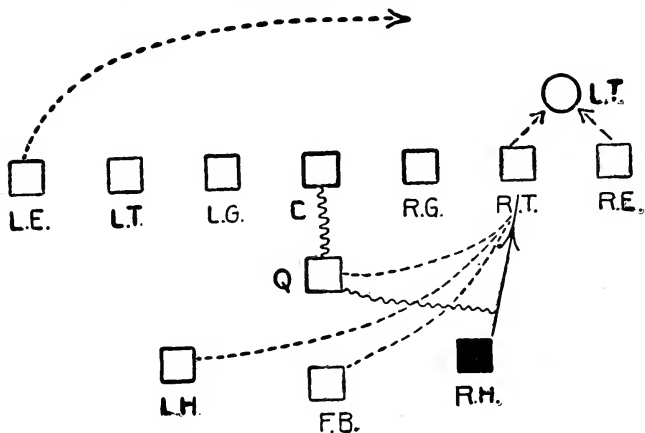


FIG. 2.

Here your R. T. and R. E. push the opposing L. T. back and the L. E. runs in front of his own line, as did the R. E. in Fig. 1, and takes defensive half. For the duty of the other men see the explanation after Fig. 1.

Let the signal given be: "T—V—I—S—T." The play is your F. B. through your R. G. Fig. 3 shows this play.

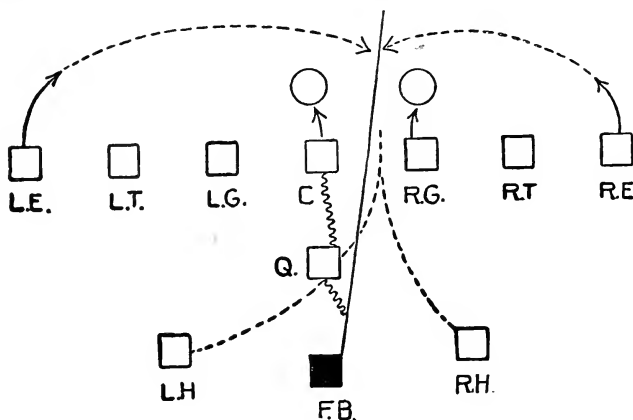


FIG. 3.

Here your R. G. with the assistance of R. T. pushes the opposing L. G. back. The F. B. get the ball from Q., who must be careful to get out of his way, and follows straight behind the R. G. Your R. H. and L. H. should make the play safe, and the two ends, both of whom should have come around in front of their own line, ought to interfere with the backs. All the linemen should push their opponents back and away from the man with the ball.

Suppose the signal is: "T—N—O—K—B." The play is the  
 F. B. through L. G., as shown in Fig. 4.

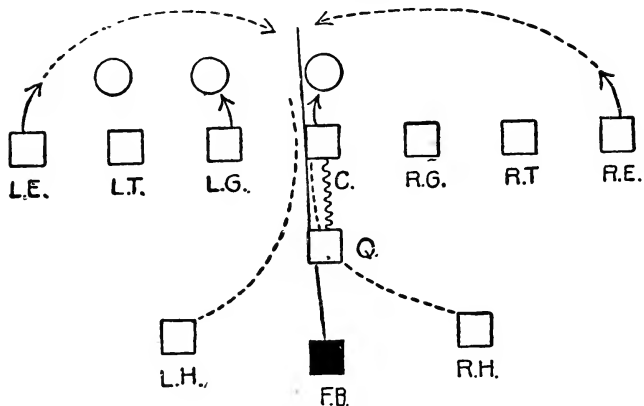


FIG. 4.

This play is exactly similar to that shown in Fig. 3 save that the L. G. and L. T. are the men who make hole by pushing the opposing R. G. out of the way.

Suppose the signal called is: "I—E—D—C—B." The play is the L. H. through R. T., a cross-buck. Fig. 5 shows the play.

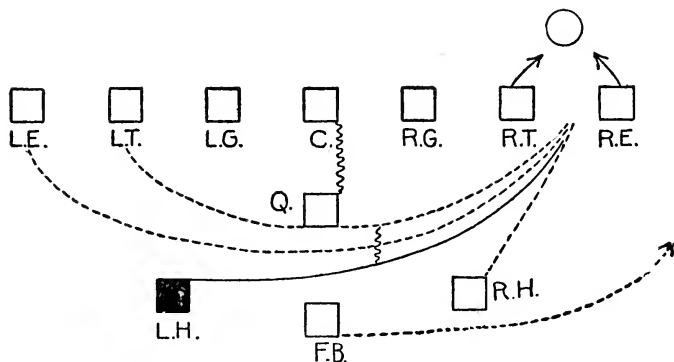
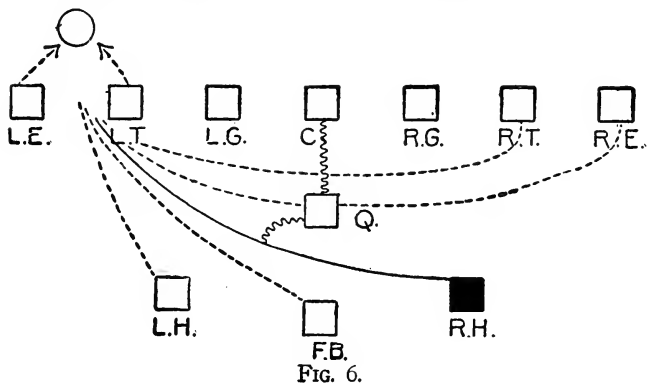


FIG. 5.

In this play your R. T. and R. E. get the opposing tackle out of the way; the R. H. goes straight into the hole, the L. H. carrying the ball next; then the Q. and L. T., who take to the outside, while the L. E. follows the play—he makes it safe, watches for fumbles; the F. B. runs straight out from his position and keeps the opposing L. E. from getting the play.

Let the signal be: "Y—A—R—D—S." This is your R. H. through L. T. The L. T. and L. E. make the hole; R. T. and R. E. follow around outside. Fig. 6 shows this play, which is the same as that in Fig. 5, only on the opposite side of your line.



Let the signal be: "Y—H—A—B—K." This is your R. H. around your L. E., as shown in Fig. 7.





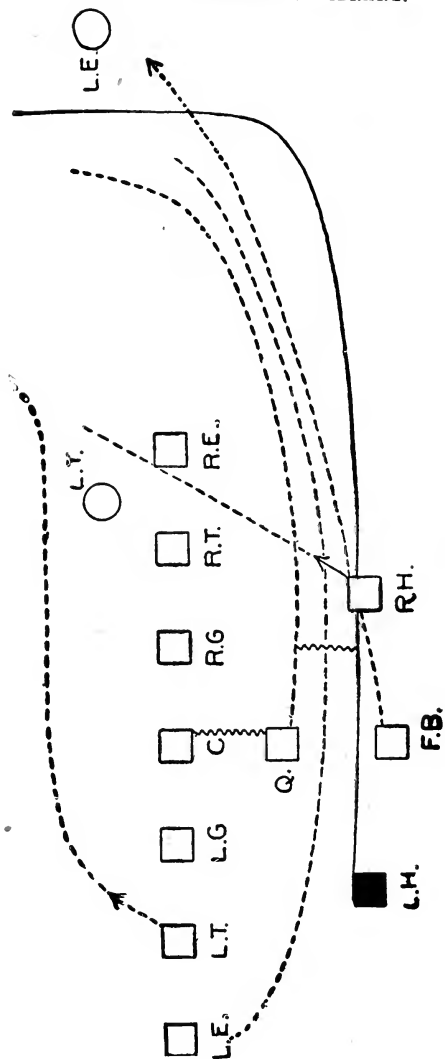


FIG. 8.

In case you wish your R. T. to carry the ball through the opposite tackle the signal will be: "E-A-R-L-Y." This play is shown in Fig. 9.

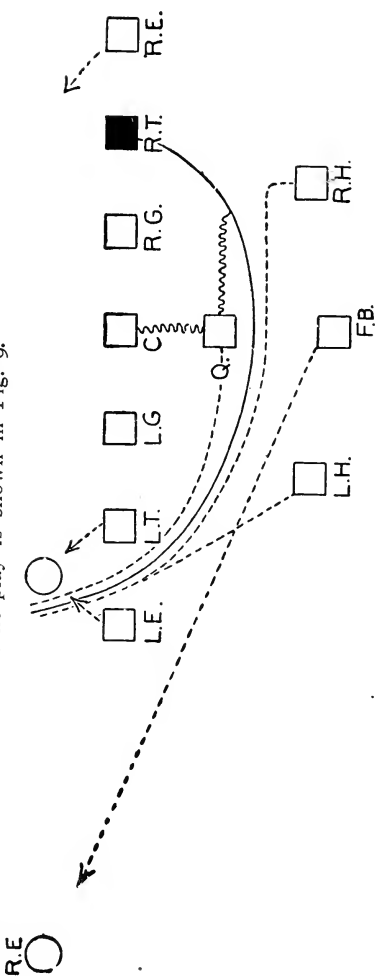
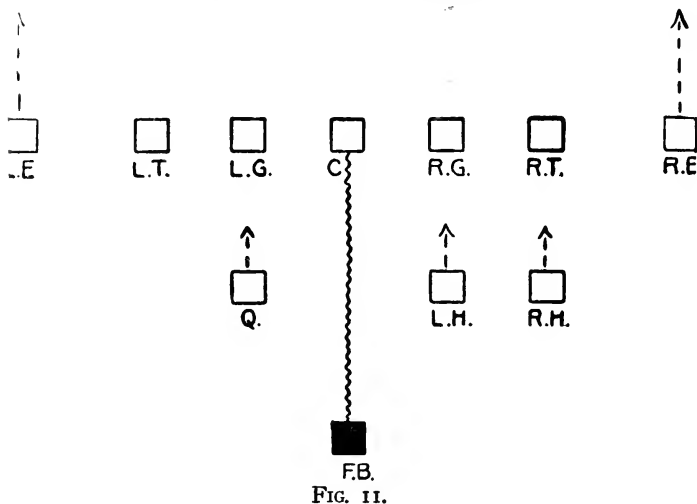


Fig. 9.

In this play your L. E. and L. T. charge the opposing tackle-back; L. H. goes straight into the hole thus made; the Q. makes play safe by following; the R. E. should prevent the opposing L. T. from following your R. T. As soon as the latter leaves the line he should step into his place and keep his opponent from chasing the play around. The F. B. should prevent the R. E. from getting the play, just as he has done in Figs. 7 and 8.



In Code I the signal for a kick could be any letter not in the combination you adopt as your key. Suppose the letter B denotes a kick. Then the full signal for the F. B. to kick the ball would be: "T—B—C—A—O." In Fig. 11 is seen the formation now commonly adopted for a kick.



The two ends get well outside their Tackles and as soon as the ball is snapped, go straight down the field. The L. T. jostles the opposing Tackle and then goes down. The other linemen should hold their opponents long enough to ensure the F. B.'s having time to get the kick off in safety. The Q., L. H. and R. H., leaning forward on their hands, in the positions shown in Fig. 11, protect the F. B. from anyone who may succeed in breaking through the line.

The simple plays have now been given in Code I. These are

the plays which every team must be absolute master of. They may be played in every part of the field and on their success depends to a great extent the success of your team.

The following diagrams illustrate plays intended to puzzle your opponents and which they may not be prepared to meet. However, they should not be practiced until your team has mastered the simple plays. Too often will a team depend for success on tricks and fancy maneuvers, neglecting the steady, straight foot ball that is the hardest to withstand when played properly, only to be doomed to disappointment as a result.

---

## A SIGNAL FOR A WING SHIFT

(USING CODE I.)

The Quarter may call out "Formation A," if the play is to go on the left of centre; "Formation B," if the play is to go on the right. (See Fig. 12.) Then, either the regular signal for an end run or a signal for a quick drive into line following a feint at an end run. (Fig. 13.)

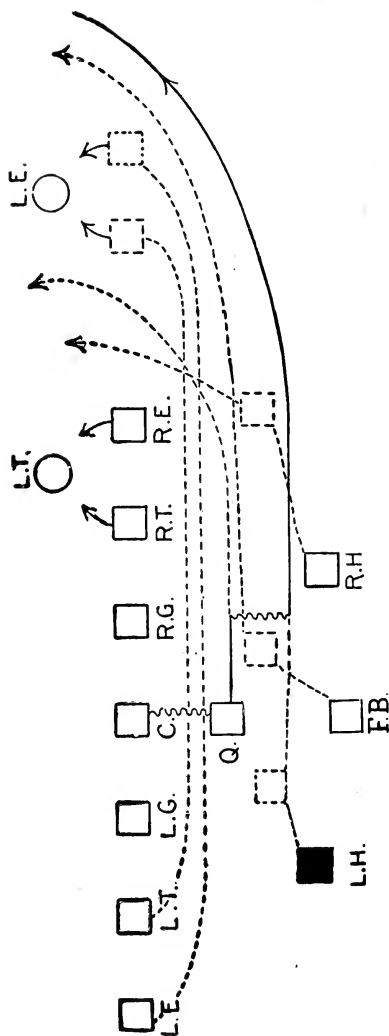


FIG. 12.

This signal might be "Formation B"—"I—R—T—C—K." L. E. and L. T. wheel over against opposing L. E.; at the same time the backs alter their positions, as shown in the figure by dotted squares. L. H. receives ball from Q. as in Fig. 13.

The success of the play depends upon the quickness and speed of the man carrying the ball. Whether successful or not, it will tend to spread out and "open up" the opponent's line. Then signal for the same formation and send the F. B. into the line.





The team lines up in regular formation as in Fig. 1. The signal given, the line sidestep to the right two positions, as in figure, the L.T. then becomes centre, Q. and L.H. keep their position while the F.B. and R.G. alter position with the line men. Now, we have seven men on our right wing, as opposed to four of our opponents. The play can be a cross buck, as in Fig. 5, or an end

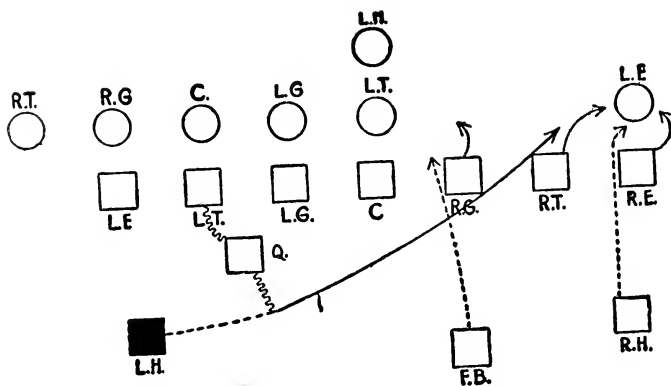
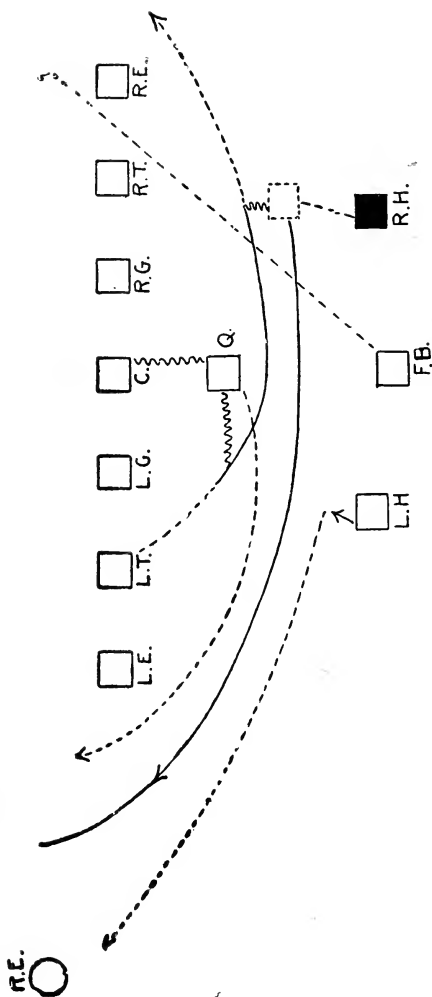


FIG. 14—WING SHIFT. 2ND METHOD.

run, as in Fig. 8. Whatever the play used it is absolutely essential that the play start the instant the shift is made. To perfect this play, both tackles should be drilled in passing the ball to the quarter. Thus, the shift can be ordered either to the right or left, as the case may warrant. There should be daily practice by the entire line in this quick change of positions, so that when the signal is called the play may be executed like a flash.





A fake tackle run and pass to Half-back. To be used anywhere in the field after Fig. 10 has been worked successfully. L. T. does same in Fig. 10, but passes to R. H., who has stepped forward in order to better conceal the pass from opponents. F. B. charges on opposing L. T., going in front of R. H., blocks opposing R. E. Q. passes to L. T. and makes the interference for R. H. The signal would be: "A-Y-H-E-D."

If the Q. at any time thinks it desirable to change the manner of calling the signals, he may readily do so by having the signal start with the second, the third or the fourth letter, or by not having the signal start till he has called some letter agreed on that is not in the key and is not used in the plays.

## CODE II.

### A COMBINATION OF LETTERS AND NUMBERS.

Let the F. be the hole between guard and center; H., the hole between tackle and guard; K., the hole just outside tackle; B., end run.

As each letter taken separately stands for the two holes, i. e., F. would mean either the hole between R.G. and C. or L.G. and C., so some method must be adopted to signify which hole is meant. Now, if the signal starts with an odd number, the hole on the left side of center is meant; if it starts with an even number, the hole on the right side is to be the outlet for the play. For example, the signal "3—B," etc., means and end run around your own left end; and "6—B," etc., means an end run around number to the training table early in the season, but make it your own right end. Therefore "3—B," etc., will always mean an end run around your own left end and the right half-back will carry the ball. So the completed signal will be: "3—B—4—M." The number 4 and the letter M mean nothing. The complete signal for the left half-back to carry the ball around your own right end would be: "4—B—11—X." Since the signal starts with an even number it shows that the play is to go on the right side of center and the letter B signifies that the play is an end run.

This code contains but the simple ordinary plays used by every team during the first weeks of practice. There are ten plays in all, not, however, including the kick, and are as follows:

L.H. run around R.E. ....	4—B
R.H. run around L.E. ....	3—B
L.H. dive through L.G. and L.T. ....	7—H
R.H. dive through R.G. and R.T. ....	12—H
L.H. cross-buck just outside R.T. ....	14—K

R.H. cross-buck just outside R.T.....	7—K
F.B. dive through R.G. and C.....	6—F
F.B. dive through L.G. and C.....	9—F
L.T. run just outside R.T. ....	2—6—K
R.T. run just outside R.T. ....	3—11—K

It will be noticed that the L.H., L.T., R.H. and R.T. carry the ball through the same hole (K). Whenever the L.T. is to carry it the signal will start with two even numbers and whenever the R.T. carries the ball, with two-odd numbers. Thus:

Signal: 4—8—K—5—Y. (See Fig. 10.)

Signal: 2—K—9—B. (See Fig. 5.)

Signal: 3—7—K—4—R. (See Fig. 9.)

Signal: 9—K—2—M. (See Fig. 6.)

Signal: 4—B—11—X. (See Fig. 8.)

The absence of letters from signal might indicate a kick; thus:  
4—6—7—11. (See Fig. 11.)

### CODE III.

#### A SYSTEM OF NUMBERS ILLUSTRATED.

In this system it will be seen that the even numbers are plays on the right of center and the odd numbers are plays on the left.

4. L.G. ....	through	.....	R.G.
5. R.G. ....	through	.....	L.G.
6. L.T. ....	through	.....	R.T.
7. R.T. ....	through	.....	L.T.
8. L.H. ....	around	.....	R.E.
9. R.H. ....	around	.....	L.E.
10. L.H. ....	cross-buck through	.....	R.T.
11. R.H. ....	cross-buck through	.....	L.T.
12. R.H. ....	straight through	.....	R.T.
13. L.H. ....	straight through	.....	L.T.
14. F.B. ....	straight through	.....	R.C.
15. F.B. ....	straight through	.....	L.C.
16. L.E. ....	run around	.....	R.E.
17. R.E. ....	run around	.....	L.E.

Kick: any number over 300.

Now, let the second number given be the key number, the number which represents the play. For instance:

Signal: 6—8—9—27—4 (See Fig. 8.)

Signal: 5—12—21—7 (See Fig. 2.)

Signal: 8—13—42—9. (See Fig. 1.)

Signal: 5—15—8—2. (See Fig. 4.)

Signal: 6—11—43—8. (See Fig. 6.)

Signal: 357—952. (See Fig. 11.)

Etc., etc.

In the last two codes the quarter may readily change the key number at any time and so be certain that his signals are unknown to his opponents.

## A SEQUENCE OF PLAYS

It frequently happens that a team, especially a school team, will have one man who has clearly outplayed every opponent he has faced and upon whom the quarter may depend when there is a distance that *must* be gained. Under such conditions a team should have a sequence of plays, i. e., three or more plays previously committed to memory, to be executed in quick succession without a signal. Assuming that the tackle is the steady and reliable man, then, select three or more plays through his position and constantly practice them as a series without any intermission.

A sequence of five plays illustrated:

In Code III.—The second number the key:

6—(12)—28—4. (Fig. 2.)

5—( 6)—21—9. (Fig. 10.)

2—(10)—7—5. (Fig. 5.)

7—(10)—42—8. (Fig. 5.)

8—(11)—29—6. (Fig. 6.)

If the first four plays are successful the opponents will naturally shift over, to try and "brace up" the weak spot, and the last play is intended to surprise them and is, therefore, sent on the opposite (left) side of the line.

## WHEN TO USE THE SEQUENCE

The best time to employ the sequence is in the opponent's territory about twenty-five yards from the goal, when quickness and speed of plays used is so essential to success. Then, too, it is highly probable that the "cheering" makes it hard to hear the signals.

There are various ways to signal the sequences, but a simple and effective way is to have the quarter make some such remark as this: "There's only twenty yards to go, fellows; *stay together now!*" This would mean that the next signal was the first of the sequence and that it would be played without any more direction from the quarter-back.

Too much emphasis cannot be laid on how essential to your team's success is a thorough knowledge of the signals. Every player should know just what he is to do in each play; the very instant the signal is given, he should recognize the play and determine to do what is expected of him. The players, apart from the general practice, should repeat the signals to themselves and get familiar with their individual duties in each play. Confidence is almost essential to success in offensive work, and a team can have but little confidence in its ability to advance the ball till every one has thoroughly mastered the signals.

## Training for Foot Ball

BY THE LATE MICHAEL MURPHY,

For Many Years Director of Athletics at the University of Pennsylvania.

The days of the extremes of training, both in foot ball and other sports, have, at any rate for the time being, gone by. The old-fashioned notion that men must be deprived of everything they wanted for their comfort and go through a period of actual physical suffering has been exploded. Young men, and particularly college men, do not need the severe regimen adopted in the old days, when training was confined only to a certain class and that class one indulging in all sorts of dissipation between times. For this reason treatises on training can be far more brief than in the times when the exact percentage of food stuffs was figured out to a nicety. Moreover, foot ball is one of those fortunate sports which comes at a season of the year when the weather, except in the very early part of it, is not exceedingly hot, but rather bracing, and unless there is something radically wrong with the man, as a rule, during the foot ball season, his appetite should in the main improve.

It is really the nervous tension which has come to be great and it is to the relief of that nervous tension that many of the best friends of the game are looking in hopes that alterations in the rules may improve this condition.

The great majority of the players are not affected by this, but the captain, coach and quarter-back usually pass through periods where the worry is quite extreme, and while it makes little difference to the coach, it does affect the captain and quarter-back very materially, and with these men, the greatest problem of the training season is to see that they pay less rather than more attention to the sport and get some relaxation at periods.

The general physical condition of the men is in these days looked after both by the trainer and by competent surgeons, so far as injuries are concerned.

The problem of how much work a man should do and when he should work is one of general consultation between coach, trainer and captain—the trainer's opinion being in the main accepted as final—and as a rule this trio make satisfactory decisions. Sometimes a man is found who is able to deceive all three as to his condition, but not often, and, moreover, such men are usually men whose personal idiosyncrasies are known.

One of the most difficult points in training a foot ball team is



to keep them steadily progressing and not have a slump at some disastrous period during the season. Men differ so greatly individually that the accepted method of working the men nowadays is to watch these peculiarities and not try to judge all men by the same rule, but to lay off first one and then another as occasion demands, giving them all an opportunity for sufficient practice, but forcing no man to work too long.

It takes a good deal of time to teach a man modern foot ball and he has to go through a certain period of steady work before he combines the necessary knowledge with the skill; hence an especial reason for consistency in carrying out training development. Foot ball men all need quickness and the work should be devoted to short periods of snappy play rather than long periods which get the man into the bad habit of playing slowly because he is tired.

A foot ball player beyond all else needs to have a sort of superfluous energy to draw upon at the time of his match and to exhaust this is to make a very serious mistake. The men should, therefore, be very carefully watched in order to see that the work is not at the expense of this energy, which must be called upon at a critical time. No man should find himself in a game without a feeling that he would at least like to make a touchdown whether it is possible or not, and the making of touchdowns is practically impossible if the man's physical and mental condition is such as to leave him without desire to do so.

The first problem in the season that faces captain, coaches and trainers is that of making selection from a great mass of material. This material will be scattered over three or four different fields and in all sorts of physical condition, as some men take care of themselves during the summer, while others do not. A coach may easily be deceived by lack of condition in a man who, when in shape, would play a strong game. For this reason critical watching and very likely some inquiry as to the past performance of the man is very advisable. As soon as the material has begun to be sifted it becomes necessary to sort out a part of it for the 'Varsity, but it is wise not to take a great many men to a training table early but make this rather a reward of merit in a way, at the same time taking possibly the absolutely sure men who are not likely to have the best of living otherwise.

All this matter is a question of judgment and a little study and reflection on the subject is returned many times over in the results later in the season. It is hardly worth while, although I know it has been adopted by some trainers, to put men who are going to play foot ball through special courses of gymnastics, unless it may be for some special weakness of the individual. It is certainly a good plan for foot ball men to be

handled by a track trainer in learning to start quickly. Gymnasium apparatus, however, is not proving very successful for general teams. A little setting up work in the early part of the season is often a good thing and some running, but after the season is once under way the men have plenty to do without taking these special exercises, except it may be to reduce the weight of a man who is very heavy. Running around the field for men who are temporarily laid off, and for the whole squad in the early part of the season, is a good thing.

Another great problem is to keep enough backs and, since the introduction of the new rules, ends as well, to last through the season. The backs are usually lighter than the forwards and being given a good deal more of the running work to do (and this is particularly true under the new rules where the men behind the line will have to do a good deal of line hammering without heavy interference) is rather apt to call for all the material that a coach and trainer can keep going. And even then at the end of the season the good men are scarce. The first part of the season the practice ought to be very short—four or five minutes—and the team work up to longer periods as the weather grows cooler and they improve in condition. By mid-season they should be able to play two fifteen-minute halves with ease, and if possible a fifteen and twenty-minute half. By November they should be able to stand a slightly longer period in order that by the time of the big games they may be able to go the necessary two thirty-five minute halves.

As to protectors for the players, it is well worth while to use such protectors as are likely to save the players from injury, but of late it is feared too much has been done in this way so that the players were rendered rather less plucky, and, moreover, in some instances were probably made tender. Under the present rules the doing away with the heavy head protectors will be a great step in advance and will probably save many injuries. Nose guards are rather difficult to breathe through, but properly arranged are not dangerous. Protectors for the thigh and shins are good things and if a man receives an injured shoulder some kind of protection there is also advisable.

So far as foot ball is concerned a strict diet is not essential, but the men should not be permitted to smoke, nor should they be given alcoholic drinks except for medicinal purposes or when a man is very tired. The living should be plain and substantial and every effort made to have his training table attractive and the food appetizing.

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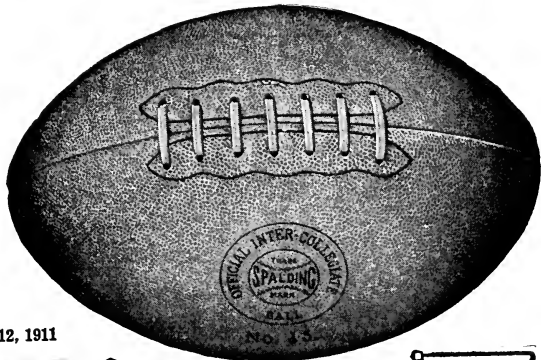
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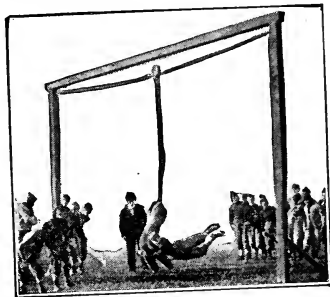


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## Spalding Foot Ball Tackling Machine and Releasing Attachment

We furnish on application, to interested parties, blue prints, giving necessary measurements and showing how apparatus should be set up. Posts should be 21 feet apart, cross-beam 15 feet above ground.



Complete equipment as shown in cut, except uprights and cross-beam, comprising tackling dummy, releasing attachment, with pulley block and connecting rope, and steel cross rod as listed separately below.

Uprights and cross beam can be purchased at any sawmill

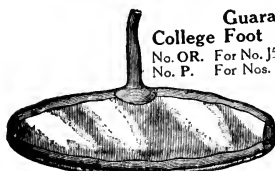


**Tackling Dummy** Heavy 10-ounce brown canvas, without joining at waist; reinforced at bottom with heavy sole leather. Complete with heavy leather encircling strap for special reinforcement. At many of the prominent colleges a pair of foot ball trousers are put on the dummy and held secure by the encircling strap which we furnish with the dummy.

**Releasing Attachment** With pulley block to run on cross rod, spliced to connecting rope.



**Steel Cross Rod** Threaded at both ends, complete with nuts and washers.



**Guaranteed  
College Foot Ball Bladders**

No. OR. For No. J5 Ball. Each, \$1.00  
No. P. For Nos. A, B and F Balls.  
Each, 90c.

No. R. For Nos.  
S, C, D and 25  
Balls. Each, 75c.

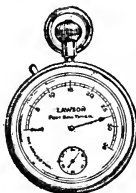
All rubber foot ball bladders bearing our Trade-Mark are made of pure Para rubber (not compounded), and are guaranteed perfect in material and workmanship. Note special explanation of guarantee on tag attached to each bladder. DON'T USE MOUTH TO INFLATE RUBBER BLADDERS.

**Rawhide Foot Ball Lace**

No. R. Each, 5c.

**Foot Ball Lacing Needle**

No. N. Made of annealed steel wire. Each, 5c.

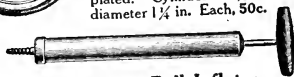


**Lawson Foot Ball Timer**

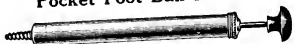
A continuous timer arranged so that an entire half may be timed accurately, stopped during interruptions, and started again when play is resumed. Used also for timing other athletic events. Nickel case. Each, \$2.50

**"Club" Foot Ball Inflator**

No. 2. Made of polished brass, nickel-plated. Cylinder 10 1/2 inches and diameter 1 1/4 in. Each, 50c.

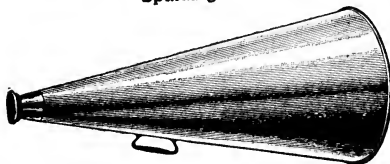


**Pocket Foot Ball Inflator**



No. 3. Made of brass, nickel-plated and polished. Cylinder 9 1/2 inches long, diameter 7/8 inch; extreme length closed, 13 inches. Each, 25c.

**Spalding "Long Distance" Prepared Fiber Megaphones**



No. 1 1/2.	22-inch Cone.	Each,
No. 2.	30-inch Cone.	"
No. 3.	40-inch Cone.	"
Stand only, for No. 3, extra.		"

**Waterproof Cones (for Cheering, etc.)**

No. O.	12-inch Waterproof Cone.	Each, \$ .25
No. OX.	20-inch Waterproof Cone.	" .50
No. CX.	Coxswains', complete with head harness,	1.50

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# Spalding College Foot Ball Clothing

is made of either canvas, or drill, as specified in descriptions, specially manufactured for us; the curled hair, wool felt and other padding is most carefully selected, and we use no metal eyelets, all being hand worked.

## Spalding Intercollegiate Foot Ball Pants

Waistband of pants.

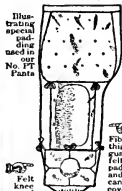


diagram showing method of attaching padding.

Per pair, \$3.25 ★ \$35.10 Doz.

No. PT. As No. PTP, but without felt hip pads.

Per pair, \$3.00 ★ \$32.40 Doz.

## Spalding Special 'Varsity Foot Ball

Pants No. VT. The hips and knees are prop-

erly padded according to our improved method,

with pure curled hair and the thighs have cane strips. Special quality brown canvas. We

make these pants throughout of the most durable materials with the idea of supplying

an article that will give the maximum amount of wear. Pair, \$2.50 ★ \$27.00 Doz.

## Spalding Foot Ball Pants—Canvas

No. 2P. Good quality brown canvas, well padded and real cane strips

at thighs. Per pair, \$1.50 ★ \$16.20 Doz.

No. BP. Brown drill, correctly padded. 1.00 ★ 10.80 Doz.

No. XP. Brown drill, padded. .75 ★ 8.10 Doz.

## Spalding Elastic Belt

No. 1. Our elastic foot ball belt

stretches with the length of body and

may be attached to jacket and pants,

thus forming one continuous suit. By

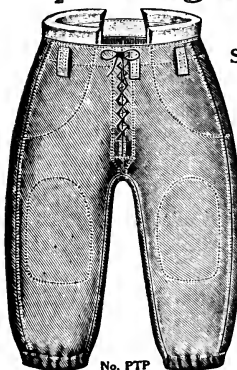
closely fitting the body, the opposing

player has less chance of tackling.

Width, 6 inches. Each, \$1.50

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dozen or more. Quantity prices NOT allowed on items NOT marked with ★



No. PTP

## Spalding Sleeveless Foot Ball Jacket



No. VJ

No. VJ. 'Varsity.

Light weight, brown

canvas. Special

quality.

Each, \$1.25

★ \$13.50 Doz

No. 2. Good

quality brown

canvas. Well

made through-

out. Each, 50c.

★ \$5.40 Doz

Allows perfect freedom in all positions.

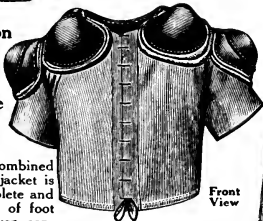


## Spalding Combination Shoulder, Shoulder- Blade and Collar-Bone Protector and Jacket

No. BM. This combined protector and jacket is the most complete and effective piece of foot ball armor ever constructed.

It was the means of keeping in the game last season one of the best players on an important college team. Construction throughout is in strict accordance with official rules, and, while it gives the maximum degree of protection to the parts covered, it is light in weight and can be ventilated to any desired extent without affecting strength or degree of protection. Jacket of best quality brown canvas, reinforced with soft leather at lacing edges. Padding of best quality wool felt with special designed leather ridge and barquette protectors.

Each, \$15.00



Front View



Side View



Back View

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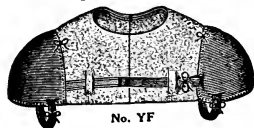
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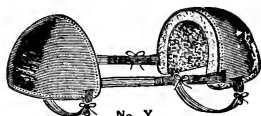
## Spalding Combined Adjustable Shoulder Pads and Collar-Bone Protectors



No. YF

No. YF. Molded leather shoulder pieces, felt padded, complete with special double thickness felt collar-bone protectors and adjusting straps to regulate size.  
Each, \$4.00 ★ \$13.20 Doz.

The greatest foot ball trainers in this country have used and endorsed our adjustable shoulder pads with and without the combination protection for collar-bone, and these pads will be used by the players on the leading college teams during the coming season. Made in exact accordance with official regulations.



No. Y

No. Y. Same as No. YF, but without collar-bone protectors. Fitted with adjusting straps. Each, \$3.00 ★ \$32.40 Doz.  
No. MF. Same as No. YF, but moleskin instead of leather. Each, \$2.00 ★ \$21.60 Doz.

## Spalding Collar-Bone Protectors

Gotten up after the design of a very successful athletic trainer. These protectors were used by some of the biggest college teams in their most important games last season. Made in accordance with official regulations. Felt padded.



No. LL

No. LL. Large, leather. Each, \$2.00 ★ \$21.60 Doz.  
No. LM. Medium, leather. Each, \$2.00 ★ \$21.60 Doz.  
No. CF. Small, canvas. Each, \$1.00 ★ \$10.80 Doz.

## Spalding Improved Shoulder Pads



No. B

No. B. Designed by Glenn S. Warner of Cornell. Made to fit shoulder. Heavily padded inside and out with wool felt in accordance with decisions of the Rules Committee. Endorsed by every player and trainer who has examined it. . . . . Each, \$2.50

No. D. Soft black leather covering, padded with heavy felt and fitted with adjusting laces and elastic. Selvage left for attaching to jersey. . . . . Each, \$1.00



No. D

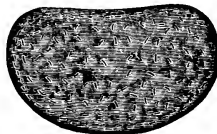
## Spalding Leather Covered Pads

Hand made and correctly padded. Elbow pads made extra thick. Shoulder pads are extra long, to give full protection. Readily attached to any part of a jersey, but especially adapted to shoulders and elbows. Covered with tan leather and tufted padding, which has all the softness of curled hair and durability of felt.

No. 1. Shoulder Pad. . . . . Each, 50c. ★ \$5.40 Doz.  
No. 2. Elbow Pad. . . . . " 50c. ★ 5.40 "

Same as above, but covered with brown canvas instead of leather.

No. 3. Shoulder Pad. . . . . Each, 25c. ★ \$2.70 Doz. No. 4. Elbow Pad. . . . . Each, 25c. ★ \$2.70 Doz.



No. 2

## Spalding Combined Knee Pad and Thigh Guard

No. TPK. Combining the No. TP Thigh Guard and No. KP Knee Pad, both described below. . . . . Per pair, \$3.50 ★ \$39.00 Doz. Prs.

## Spalding Thigh Guard

No. TP. Fiber, covered with oilcloth, felt padded on edges. Light in weight. Improved quality. Pair, \$1.25

## Spalding New Improved Foot Ball Knee Pad

No. 9KP. Made with solid leather knee cap, padded with wool felt. Conforms with curve of the knee and is the most effective and safest knee pad made.

Pair, \$3.50 ★ \$39.00 Doz. Prs.

No. KP. Made entirely of felt, otherwise similar to No. 9KP. Pair, \$2.00 ★ \$21.60 Doz. Prs.



No. TPK



No. TP



No. KP



No. 9KP

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## Spalding Foot Ball Shoes

**S**PALDING Foot Ball Shoes are worn by the players of every college and school team of any importance in this country, and notably by the following most successful teams:

*Yale, Princeton, Cornell, University of Pennsylvania, Carlisle, West Point, Annapolis, Michigan, Chicago, Illinois, Wisconsin, Minnesota, Nebraska, Indiana, Iowa, California, Leland Stanford, Washington, Missouri, St. Louis, Arkansas.*



No. AX Side View



No. AX Sole

### Spalding Featherweight Shoe

No. AX. Finest kangaroo leather uppers, finest white oak soles. For fastest players, only, *not* for general or hard usage. Finest materials throughout, hand sewed and a strictly bench made shoe. Special leather laces.

Per pair, \$8.00 ★ \$90.00 Doz.

### Spalding Sprinting Shoe

No. A2-OS. Kangaroo leather. Light in weight yet strongly made. Use this style shoe instead of No. AX for ordinary play. Hand welted; a bench made shoe. Special leather laces. . . . Per pair, \$7.50

### Spalding 'Varsity Shoe

No. A2-M. Finest black calfskin; thoroughly made. Special leather laces. Equipped with special ankle brace designed by Mike Murphy, the famous trainer.

Per pair, \$6.00

### Kicking Toe

Box toe, for kicking, supplied on any style college foot ball shoe at time shoe is ordered, not afterward, at an extra charge for fitting one shoe in pair.

\$1.00

### Mud Cleats



We will supply, on special order, not carried in stock, either Nos. AX, A2-OS or A2-M, for use in wet weather and on muddy fields, equipped with special mud cleats, at an extra charge of . . . . . Per pair, \$1.00

*The prices printed in italics opposite items marked with ★ will be quoted only on orders for one half dozen or more. Quantity prices NOT allowed on items NOT marked with ★*

**SPECIAL NOTICE**—Spalding Waterproof Oil, used on uppers and soles, greatly adds to wear of Foot Ball Shoes. . . . . Can. 25 Cents.



No. A2-OS Side View



No. A2-OS Sole



Illustrating Spalding Foot Ball Ankle Brace with which we equip the No. A2-M style shoe. Designed by Mike Murphy, trainer of the University of Pennsylvania Team. Absolutely prevents turning of the ankle.



No. A2-M

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## Spalding Foot Ball Shoes

### Spalding Club Special Shoe

No. A2-S. Sprinting Shoe, light weight; black calfskin, good quality, well made. Special leather laces.

Per pair, \$5.00



No. A2-S

### Spalding Amateur Special Shoe

No. A-3. Black chrome leather, good quality, machine sewed. A very serviceable shoe.

Per pair, \$4.00 ★ \$42.00 Doz.



No. A-3

### Spalding Juvenile Foot Ball Shoe

No. A-4. Made on our special boys' size lasts. Material and general construction similar otherwise to our regular line of men's shoes. Boys' sizes, 12 to 5, inclusive. Complete with leather cleats. Pair, \$2.50



No. A-4

### Kicking Toe

Box toe, for kicking, supplied on any style college foot ball shoe at time shoe is ordered, not afterward, at an extra charge for fitting one shoe in pair, \$1.00

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SPECIAL NOTICE.—Spalding Waterproof Oil, used on uppers and soles, greatly adds to wear of foot ball shoes. Per can, 25c.

## The Spalding Improved Ankle Supporter

(Patented July 14, 1908. No. 892,064)

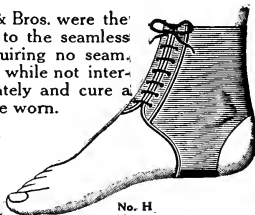
Improved on original Hackey patent, of which A. G. Spalding & Bros. were the sole licensees. The patent on this supporter refers particularly to the seamless back, as we make it in all qualities with a molded back, requiring no seam. Worn over or under stocking and supports the ankle admirably, while not interfering in any way with free movements. Relieve pain immediately and cure a sprain in a remarkably short time. In ordering, give size of shoe worn.

No. H. Soft tanned leather, best quality. No seam in the back of this supporter; leather is specially shaped to fit back of foot snugly over heel. . . . . Per pair, \$1.00

No. SH. Good quality sheepskin, well made. Special patented molded back, seamless. . . . . Per pair, 50c.

No. CH. Black duck, lined and bound. Special patented molded back, seamless. Pair, 25c.

No. HF. Good quality leather, lined with heavy fleece, and felt padded tongue. For ice hockey and skating. . . . . Per pair, \$1.50



No. H.

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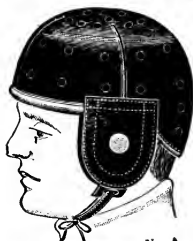
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# SPALDING HEAD HARNESS



No. A



No. P

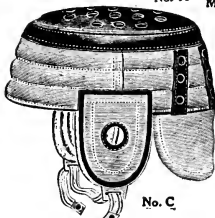


No. B



No. W

MENTION SIZE HAT WORN WHEN ORDERING HEAD HARNESS



No. C



No. D

No. A. Firm tanned black leather, molded to shape, perforated for ventilation, leather sweat band and well padded. Adjustable chin strap. Presents a perfectly smooth surface and, while giving absolute protection, is one of the coolest and lightest made. Mention size hat worn. Each, \$4.00 ★ \$13.20 Doz.  
No. P. Solid brown leather, crown open all around. Padded only at top and around ears. Cut high at back of neck. This is the style we have supplied to Princeton. Mention size hat worn. . . . . Each, \$3.50 ★ \$37.80 Doz.  
No. B. Soft black leather top and sides, soft leather ear pieces, adjustable chin strap. Top padded with felt, leather sweat band and well ventilated. Sides stitched and felt padded with canvas lining. Mention size hat worn. Each, \$3.00 ★ \$32.40 Doz.

No. W. Full felt padded, well ventilated, solid black leather, elastic adjustment in front and low back extension. Popular especially with Western colleges. Mention size hat worn. . . . . Each, \$2.50 ★ \$27.00 Doz.

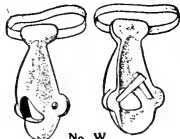
No. C. Soft black leather top, well ventilated; moleskin sides and ear pieces, elastic chin strap. Nicely padded with felt, leather sweat band and substantially made. Mention size hat worn. . . . . Each, \$2.00 ★ \$21.60 Doz.

No. D. Brown canvas, nicely padded, but very light and cool to wear. Mention size hat worn. Each, \$1.00 ★ \$10.80 Doz.

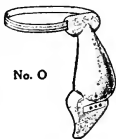
## Wendell Patent Nose Masks

Patented Nov. 5, 1912

Invention of Percy L. Wendell, famous line buckler and Captain of Harvard 1911 Foot Ball Team. Made of finest rubber, fitted with piece of soft tanned leather at either side for gripping by back teeth. Ample ventilated. No. W. Regulation size. Ea. 50c. ★ \$5.40 Doz.  
No. WL. Extra large. . . . . 50c. ★ 5.40 "



No. W



No. O



## Rubber Mouthpiece

No. A. Best quality Para rubber; perfect protection to mouth and teeth. Same as supplied with Nos. O and OB masks. Each, 25c. ★ \$2.70 Doz.

- |         |   |                          |
|---------|---|--------------------------|
| No. O.  | Regulation size, with adjustable mouthpiece. . . . .    | Each, 50c. ★ \$5.40 Doz. |
| No. OB. | Youths' size, with adjustable mouthpiece. . . . .       | 50c. ★ 5.40 "            |
| No. 1   | Regulation size, without adjustable mouthpiece. . . . . | 50c. ★ 5.40 "            |

No wire or metal is used in the construction of any Wendell or Morrill Nose Masks.

In ordering, specify whether mouthpiece is required for No. O or No. OB Nose Masks.

## Spalding Patented Shin Guard

(Patent Applied For)

No. 30. Thoroughly ventilated; extremely light in weight. Fitted with soft tanned leather fastening straps. . . . . Per pair, \$2.00 ★ \$21.60 Doz.

## Spalding Foot Ball Shin Guards

- |         |  |                                 |
|---------|--|---------------------------------|
| No. 60. | Black leather; backed up with real rattan reeds; felt padding, leather straps and binding. . . . . | Per pair, \$1.50 ★ \$16.50 Doz. |
| No. 12. | Pebbled sheepskin, well padded, black leather straps. . . . .                                      | 1.00 ★ 10.80 "                  |
| No. 9.  | Canvas, length 11 in., with reeds. . . . .   | .50 ★ 5.40 "                    |
| No. 8.  | Canvas, length 9 in., with reeds. . . . .  | .40 ★ 4.32 "                    |

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No. 30



No. 60

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## Spalding Worsted Jerseys

Following sizes carried in stock regularly in all qualities: 28 to 46 inch chest.

We allow two inches for stretch in all our Jerseys, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

### STOCK COLORS

PLAIN COLORS—We carry in stock our line of solid color worsted jerseys listed on this page, except Nos. 14P and 12XB, in following colors:

NAVY BLUE GRAY  
BLACK MAROON

### SPECIAL ORDERS

We also furnish any other colors on special orders without extra charge.

N. B.—Three different shades are sometimes called RED. They are Scarlet, Cardinal and Maroon. Where RED is specified on order, Cardinal will be supplied.

JERSEYS WITH NECKLACE—Nos. 1P, 1PF, 10P, 10PF or 12P. Jerseys made on special orders with necklace stripe of any color, at an extra charge of \$1.00 per garment.



No. 1P

Showing Regular Roll Collar as on Nos. 1P, 10P, 12P, 14P and 12XB



No. 1PF

Showing Straight Low Collar as on Nos. 1PF and 10 PF

## Spalding Intercollegiate Jerseys

These jerseys we consider in a class by themselves. No other manufacturer makes a garment of anywhere near the same grade. We recommend them to those who really want the best.

No. 1P. Regular roll collar. Full regular made; that is, fashioned or knit to exact shape on the machine and then put together by hand, altogether different from cutting them out of a piece of material and sewing them up on a machine, as are the majority of garments known as jerseys. Special quality worsted. Solid colors. . . Each, \$4.00 ★ \$43.20 Doz.

No. 1PF. Straight low collar. Quality of worsted and manufacture same as No. 1P. Solid colors. . . . . Each, \$4.00 ★ \$43.20 Doz.

## Spalding Fashioned Jerseys

No. 10P. Regular roll collar. Special quality worsted, fashioned. Solid colors. Each, \$3.00 ★ \$32.40 Doz.

No. 10PF. Straight low collar. Quality of worsted and manufacture same as No. 10P. Solid colors. Each, \$3.00 ★ \$32.40 Doz.

No. 12P. Regular roll collar. Good quality worsted. Solid colors. Ea., \$2.50 ★ \$27.00 Dz.

No. 14P. Regular roll collar. Worsted. Solid stock colors: Navy Blue, Black, Gray, and Maroon only. No special orders. Each, \$2.00 ★ \$21.60 Doz.

No. 12XB. Boys' Jersey. Regular roll collar. Worsted. Furnished in sizes 26 to 34 inch chest measurement only. Solid stock colors: Navy Blue, Black, Gray, and Maroon only. No special orders. Ea., \$2.00 ★ \$21.60 Dz.



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## Spalding Striped Jerseys

Following sizes carried in stock  
regularly in all qualities: 28 to 46  
inch chest.

*We allow two inches for stretch in  
all our Jerseys, and sizes are marked  
accordingly. It is suggested, how-  
ever, that for very heavy men a size  
about two inches larger than coal  
measurement be ordered to insure  
a comfortable fit.*

No. 10PX. Special quality worsted,  
fashioned; solid color body, with  
striped sleeves, usually alternating  
two inches of same color as body,  
with narrow stripes of any other  
color. Each, \$3.25 ★ \$3.10 Doz.

No. 12PX. Good quality worsted, solid  
color body, striped sleeves, usually  
alternating two inches of same color  
as body, narrow stripes of any other  
color. Each, \$2.75 ★ \$3.00 Doz.



Nos. 10PW and 12PW

Nos. 10PX and 12PX

No. 10PW. Special quality worsted, solid  
sleeves, with 6 inch stripe around body of any other  
color. . . . . Each, \$3.25 ★ \$3.10 Doz.

No. 12PW. Good quality worsted; solid color body and  
sleeves, with 6 inch stripe around body of any other  
color. . . . . Each, \$2.75 ★ \$3.00 Doz.

**STOCK COLORS** of Nos.  
10PX, 12PX, 10PW and 12PW  
Jerseys:

BLACK AND ORANGE  
NAVY AND WHITE  
BLACK AND SCARLET  
ROYAL BLUE AND WHITE  
COLUMBIA BLUE AND  
WHITE  
SCARLET AND WHITE  
MAROON AND WHITE

Second color mentioned is for  
body stripe or for stripes on  
sleeves.

### SPECIAL ORDERS

We also furnish any  
other colors on special  
orders (not more  
than two different  
colors in each jersey)  
without extra charge.

N. B.—Three different  
shades are some-  
times called RED.  
They are Scarlet, Car-  
dinal, and Maroon.  
Where RED is speci-  
fied on order Car-  
dinal will be supplied.

Jersey with  
Necklace

Coat  
Jersey

Jersey with  
Woven Letter



**JERSEYS WITH NECKLACE**—Nos. 1P, 1PF, 10P, 10PF or 12P  
Jerseys, with necklance stripe of any other color supplied on special  
orders, at an extra charge of \$1.00 per garment.

**WOVEN LETTERS OR NUMERALS**—We weave into our best  
grade Jerseys. No. 1P, Letters or Numerals in special colors as  
desired. Prices quoted on application. Designs submitted.

## Spalding Coat Jerseys

No. 10C. Worsted, same grade as No. 10P Plain (listed on Page 20). Carried in stock in plain solid colors: Navy Blue,  
Gray, Black or Maroon. Supplied on special orders at no extra charge in any other solid color (not striped) throughout,  
or one solid color body and sleeves with any other solid color trimming (not striped) on cuffs, collar and front edging.  
Pearl buttons. . . . . Each, \$3.50 ★ \$3.90 Doz.

## Spalding Cotton Jerseys

No. 6. Cotton, good quality, fashioned, roll collar, full length sleeves. Colors: Black, Navy Blue, Gray, and Maroon  
only. No special orders. . . . . Each, \$1.00 ★ \$1.00 Doz.

No. 6X. Cotton, as No. 6, but with striped sleeves in following combinations only: Navy with White or Red Stripe;  
Black with Orange or Red Stripe; Maroon with White Stripe. No special orders. . . . . Each, \$1.25 ★ \$1.35 Doz.

Prices Subject to Change Without Notice. *The prices printed in italics opposite items marked with ★ will be quoted only on orders  
for one-half dozen or more. Quantity prices NOT allowed on items NOT marked with ★*

PROMPT ATTENTION GIVEN TO  
ANY COMMUNICATIONS  
ADDRESSED TO US

**A. G. SPALDING & BROS.**  
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES  
SEE INSIDE FRONT COVER  
OF THIS BOOK

Prices in effect July 5, 1913. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO  
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES  
QUALITY

# Spalding Reversible Collar Button Front Sweaters



No. AWJP

**STOCK COLORS**—All Sweaters listed on this page carried in stock in

Gray White Navy Maroon  
Cardinal Purple Old Gold

**SPECIAL ORDERS**—In addition to stock colors mentioned we supply these sweaters in any other color, on special orders, without extra charge.

**N.B.**—Three different shades are sometimes called RED. They are Scarlet, Cardinal, Maroon. Where RED is specified on order we supply Cardinal.

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen or more. Quantity prices NOT allowed on items NOT marked with ★

PRICES SUBJECT TO CHANGE WITHOUT NOTICE

For foot ball, automobilng, skiing, training purposes, reducing weight, tramping during cold weather, golfing, hunting, tobogganing, snowshoeing. High collar may be turned down quickly, changing into neatest form of button front sweater. Stock sizes 28 to 46 inches.

We allow four inches for stretch in all our sweaters, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

No. AWJP. Heaviest weight special quality worsted, with pocket on either side. . . . Each, \$10.00 ★ \$108.00 Doz.

No. WJP. Highest quality special heavy weight worsted, with pocket on either side. Carried in stock also in new shade, "Spalding Blue." . . . . Each, \$8.00 ★ \$87.00 Doz.

No. WJ. Same as No. WJP, but without pockets. Carried in stock also in new shade, "Spalding Blue." . . . . Each, \$7.50 ★ \$81.00 Doz.

No. WDJ. Fine quality standard weight worsted. Same style as No. WJ, but lighter weight and without pockets. . . . Each, \$6.00 ★ \$64.80 Doz..

*Above sweaters are all made with special high reversible style collar as shown in cuts on this page.*

*Two pockets in either Nos. WJ or WDJ Sweaters if ordered at time sweater is made, not after, at an extra charge of 50c.*

**SPECIAL NOTICE**—Above sweaters with one color body and another color (not striped) collar and cuffs furnished in any colors, on special order, at no extra charge.



No. AWJP



No. WJP



No. WDJ.  
Made  
special  
with  
Pockets

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TRADE-MARK

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QUALITY

# Spalding Roll Collar Sweaters

The Nos. AA, A and B Sweaters, listed below, are made of special quality worsted, exceedingly soft and pleasant to wear. For straight athletic wear there is no garment more useful than these regular roll collar sweaters which we have been making in our factories for over twenty-five years. Full fashioned to body and arms and put together by hand, not simply stitched up on a machine, as are the majority of garments sold as regular made goods. All made with 9-inch roll collars. Sizes: 28 to 46 inches.

*We allow four inches for stretch in all our sweaters, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coal measurement be ordered to insure a comfortable fit.*

**STOCK COLORS**—We carry in stock Nos. AA, A and B Sweaters in Gray, White, Navy, Maroon, Cardinal, Purple, and Old Gold.

**SPECIAL ORDERS**—We also supply Nos. AA, A and B Sweaters in any other color, on special orders, at no extra charge.

**N. B.**—Three shades are sometimes called RED. They are Scarlet, Cardinal, Maroon. Where RED is specified on order, we supply Cardinal.

**SPECIAL NOTICE**—Solid Color sweaters, with one color body and another color (not striped) collar and cuffs furnished in any of the colors noted, on special order, at no extra charge.

**No. AA.** The proper style for use after heavy exercise, inducing copious perspiration, for reducing weight or getting into condition for athletic contests. Particularly suitable also for foot ball and skating. Heaviest sweater made. Roll collar.

**No. A.** "Intercollegiate." Special weight worsted, lighter than in No. AA. Roll collar.

**No. B.** Heavy weight, but lighter worsted than in No. A. Roll collar.

## Spalding Shaker Knit Roll Collar Sweater

**No. 3.** Good quality all wool sweater, Shaker knit, well made throughout. Sizes: 30 to 46 inches, Standard weight, slightly lighter than No. B. Roll collar. Carried in stock in Gray, Navy, Black, and Maroon. No special orders.

*The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen or more. Quantity prices NOT allowed on items NOT marked with ★.*

PRICES SUBJECT TO CHANGE WITHOUT NOTICE



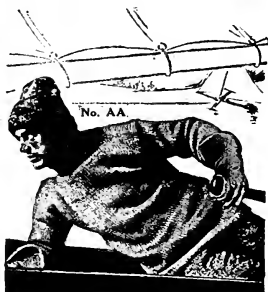
No. AA



No. B



No. A



No. AA

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TRADE-MARK

GUARANTEES  
QUALITY

# SPALDING'S NEW ATHLETIC GOODS CATALOGUE

The following selection of items from Spalding's latest Catalogue will give an idea of the great variety of ATHLETIC GOODS manufactured by A. G. SPALDING & BROS. :: :: SEND FOR A FREE COPY.

## SEE LIST OF SPALDING STORES ON INSIDE FRONT COVER OF THIS BOOK

Ankle Brace, Skate  
Ankle Supporter  
Athletic Library  
Attachments,  
Chest Weight

### Bags—

Caddy  
Striking  
Skate  
Basket  
Base  
Field Hockey  
Foot, Rugby  
Foot, Soccer  
Golf  
Hand  
Hurley  
Indoor Base  
Lacrosse  
Medicine  
Playground  
Polo, Roller  
Pole, Water  
Push  
Squash  
Volley

Ball Cleaner, Golf  
Bandage, Elastic  
Bar Bells  
Bar Stalls  
Bars—

Horizontal  
Parallel  
Bases, Indoor  
Bats, Indoor  
Belts—

Elastic  
Leather and Worsted  
Wrestling

Bladders—  
Basket Ball  
Fighting Dummy  
Foot Ball  
Striking Bag  
Blades, Fencing  
Blankets, Foot Ball

### Caddy Badges

Caps—  
Lacrosse  
Outing  
Skull  
University  
Water Polo  
Chest Weights  
Circle, Seven-Foot  
Clock Golf  
Collarette, Knitted  
Corks, Running  
Cross Bars, Vaulting

### Dicas, Olympic

Dics—  
Marking, Golf  
Rubber, Golf Shoe  
Dicks, Striking Bag  
Dumb Bells

Emblems  
Exercisers—  
Elastic  
Home

Felt Letters  
Fencing Sticks  
Fighting Dummies  
Finger Protection, Hockey  
Flags—  
College  
Marking, Golf  
Foils, Fencing  
Foot Balls—  
Association  
College  
Rugby  
Foot Ball Clothing  
Foot Ball Goal Nets  
Foot Ball Timer

### Gloves—

Boxing  
Fencing  
Golf  
Hand Ball  
Hockey, Field  
Hockey, Ice  
Lacrosse

### Goals—

Basket Ball  
Foot Ball  
Hockey, Field  
Hockey, Ice  
Lacrosse  
Golf Clubs  
Golf Sundries  
Golfette  
Grips—  
Athletic  
College  
Gymnasium, Home  
Gymnasium Board, Hon.  
Gymnasium, Home Outfits

Hammers, Athletic  
Hangers for Indian Clubs  
Hats, University  
Head Harness  
Health Pull  
Hob Nails  
Hockey Pucks  
Hockey Sticks, Ice  
Holder, Basket Ball, Canva  
Hole Cutter, Golf  
Hole Rim, Golf  
Horse, Vaulting  
Hurdles, Safety  
Hurley Sticks

Indian Clubs  
Infantry  
Foot Ball  
Striking Bag

Jackets—  
Fencing  
Vaulting  
Foot Ball  
Javelins  
Jerseys

Knee Protectors  
Knickerbockers, Foot Ball

Lace, Foot Ball  
Lacrosse Goods  
Ladies—  
Fencing Goods  
Field Hockey Goods  
Gymnasium Shoes  
Gymnasium Suits  
Skates, Ice  
Skates, Roller  
Skating Shoes  
Snow Shoes  
Lanes for Sports  
Leg Guards—  
Foot Ball  
Ice Hockey  
Leotards  
Letters—  
Embroidered  
Felt  
Liniment, "Mike Murphy"

### Masks—

Fencing  
Nose  
Masseur, Abdominal  
Mattresses, Gymnasium  
Mattresses, Wrestling  
Megaphones  
Mitts—  
Handball  
Striking Bag  
Moccasins  
Monograms  
Mouthpiece, Foot Ball  
Mufflers, Angora

### Needle, Lacing

Nets—  
Basket Ball  
Golf Driving  
Volley Ball  
Numbers, Competitors

### Pads—

Chamois, Fencing  
Foot Ball  
Wrestling  
Paint, Golf  
Pants—  
Basket Ball  
Boys' Knee  
Foot Ball, College  
Foot Ball, Rugby  
Hockey, Ice  
Running  
Pennants, College  
Pistol, Starter's  
Plastrons, Fencing  
Plates—  
Teeing, Golf

Platforms, Striking Bag  
Poles—  
Ski  
Vaulting  
Polo, Roller, Goods  
Protectors—  
Abdomen  
Eyeglass  
Finger, Field Hockey  
Indoor Base Ball  
Knee  
Thumb, Basket Ball  
Protection, Running Shoes  
Pucks, Hockey, Ice  
Push Ball  
Pushers, Chamois

### Quirts—

Racks, Golf Ball  
Racquet, Squash  
Rapiers, Fencing  
Referee's Whistle  
Rings—  
Exercising  
Swinging  
Rowing Machines

Sacks, for Sack Racing  
Sandals, Snow Shoe  
Sawdow Dumb Bells  
Scabbards, Skate  
Score Books—  
Basket Ball  
Shin Guards—  
Association  
College  
Field Hockey  
Ice Hockey

### Shirts—

Athletic  
Rubber, Reducing  
Soccer  
Shoes—  
Acrobatic  
Basket Ball  
Bowling  
Clog  
Fencing  
Shoe—  
Foot Ball, College  
Foot Ball, Rugby  
Foot Ball, Soccer  
Golf  
Gymnasium  
Jumping  
Running  
Skating  
Snow  
Squash  
Street  
Walking  
Shot—  
Athletic  
Indoor  
Massage  
Skates—  
Ice  
Roller

Skate Bag  
Skate Keys  
Skate Rollers  
Skate Straps  
Skate Sundries  
Ski  
Snow Shoes  
Sprint Lanes  
Squash Goods  
Standard—  
Vaulting  
Volley Ball  
Straps—  
For Three-Legged Race.  
Skate  
Sticks, Roller Polo  
Stockings  
Stop Boards  
Striking Bags  
Suits—  
Base Ball, Indoor  
Gymnasium, Ladies  
Soccer  
Swimming  
Water Polo  
Supporters—  
Ankle  
Wrist  
Suspenders  
Sweaters  
Swivels, Striking Bags  
Swords, Fencing  
Swords, Duelling

Tackling Machine  
Take-Off Board  
Tape, Measuring, Steel  
Tees, Golf  
Tennis Posts, Indoor  
Tights—  
Full  
Full, Wrestling  
Hockey  
Knee  
Toboggans  
Toboggan Cushions  
Toe Boards  
Toggles  
Trapeze, Adjustable  
Trapeze, Single  
Trousers—  
Y. M. C. A.  
Foot Ball  
Trunks—  
Velvet  
Worsted

### Uniform—

Base Ball, Indoor

Wands, Calisthenic  
Weights, 56-lb.  
Whistles  
Wrestling Equipment  
Wrist Machines

PROMPT ATTENTION GIVEN TO  
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**A. G. SPALDING & BROS.**  
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES  
SEE INSIDE FRONT COVER  
OF THIS BOOK

Prices in effect July 5, 1913. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

OCT 27 1913

# Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that 14 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

*First.*—The user is assured of genuine Official Standard Athletic Goods and the same prices to everybody.

*Second.*—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This briefly, is the "Spalding Policy," which has already been in successful operation for the past 14 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By *A. G. Spalding*  
PRESIDENT.

# Standard Quality

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An article that is universally given the appellation "Standard" is thereby conceded to be the criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is guaranteed by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for thirty-seven years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the Guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.

*A. G. Spalding & Bros*

# SPALDING

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ATHLETIC LI

A separate book covers every Athletic Sport  
and is Official and Standard  
*Price 10 cents each*

GRAND PRIZE



GRAND PRIX



ST. LOUIS, 1904

PARIS, 1900

## SPALDING ATHLETIC GOODS

ARE THE STANDARD OF THE WORLD

### A. G. SPALDING & BROS.

MAINTAIN WHOLESALE and RETAIL STORES in the FOLLOWING CITIES

NEW YORK	CHICAGO	ST. LOUIS
BOSTON	MILWAUKEE	KANSAS CITY
PHILADELPHIA	DETROIT	SAN FRANCISCO
NEWARK	CINCINNATI	LOS ANGELES
BUFFALO	CLEVELAND	SEATTLE
SYRACUSE	COLUMBUS	PORTLAND
ROCHESTER	INDIANAPOLIS	MINNEAPOLIS
BALTIMORE	PITTSBURGH	ST. PAUL
WASHINGTON	ATLANTA	DENVER
LONDON, ENGLAND	LOUISVILLE	DALLAS
LIVERPOOL, ENGLAND	NEW ORLEANS	
BIRMINGHAM, ENGLAND	MONTREAL, CANADA	
MANCHESTER, ENGLAND	TORONTO, CANADA	
EDINBURGH, SCOTLAND	PARIS, FRANCE	
GLASGOW, SCOTLAND	SYDNEY, AUSTRALIA	

Factories owned and operated by A. G. Spalding & Bros. and where all of Spalding's  
Trade-Marked Athletic Goods are located in the following cities:

NEW YORK	CHICAGO	SAN FRANCISCO	CHICOPEE, MASS.
BROOKLYN	BOSTON	PHILADELPHIA	LONDON, ENG.